COEUR D’ALENE

SUPER ONE INVITATIONAL

SEPTEMBER 19, 2015

**WHO:** High School and Middle School Cross Country Teams

**WHAT:** Coeur D’Alene Super One Invitational

**WHEN:** Saturday, September 19, 2015

**MIDDLE SCHOOL:**

**GIRLS RACE: 9:00AM**

**BOYS RACE: 9:30AM**

**HIGH SCHOOL:**

**GIRLS JV RACE: 10:00AM**

**BOYS JV RACE: 10:45AM**

**GIRLS VARSITY RACE: 11:15AM**

**BOYS VARSITY RACE: 11:45AM**

OPEN RACE AT 12:15

**WHERE** HAYDEN CANYON

**ARRIVAL:      MIDDLE SCHOOL: BE TO THE MEET BY 7:45AM SO WE CAN TAKE CARE OF PICTURES AND GET WARMED UP. HIGH SCHOOL: BE TO THE RACE BY 9:00AM.**

**RETURN:** The meet should conclude by 1:30

**NECESSARY ITEMS:**

* Uniform and race gear (Warm ups, training shoes, spikes, racing flats).
* Extra cold weather gear (extra socks, rain gear, umbrella, hats, gloves...)
* Water, Water, Water…
* Food: Snack for after your race.
* PICTURE PACKETS; REMEMBER, WE WILL BE TAKING INDIVIDUAL AND TEAM PICTURES AT THE MEET!!!!!!!!!!

**COACHES CONTACT INFO:**

Jim McPhilomy:   208-691-7223

Gabbi Saurette: 509-778-2612

Dan Yovichin: 661-4410

**DIRECTIONS:**

* Take I-90 North from CDA. Turn right on E. Lancaster Rd. Go 1 block to Government Way and turn left. Proceed approximately ½ mile. Parking is on Government way- There is limited Handicap parking only inside the race course area.

**NOTES: PICTURE DAY!!! Remember your picture packets!!! Please be there early so we can get the pictures done before the races. We will be short on time and won’t be able to wait for late arrivals!!!** We welcome any parent assistance we can get on Saturday to help with pictures.

This is a fun course on dirt trails that mostly winds through the trees. There is plenty of uphill and downhill to make the course challenging for all. We are excited to see the Middle School teams hit the starting line for the first time this season. We are also happy to see the improvements being made each week by the High School Athletes. Be competitive, race hard, and you will find success!!! Best of luck to all this week!

Additional information can be found on Athletic.net/Coeur D’Alene Super One Invitational.

Thanks,

Coach