HIGH SCHOOL

2A DISTRICT I/II CROSS COUNTRY CHAMPIONSHIPS

OCTOBER 22, 2015

**WHO:** HIGH School Cross Country

**WHAT:** DISTRICT CHAMPIONSHIP MEET

**WHEN:         THURSDAY**, OCTOBER 22, 2015

2:00 VARSITY GIRLS

2:30 VARSITY BOYS

3:00 JUNIOR VARSITY BOYS AND GIRLS

**WHERE:** FARRAGUT PARK: SCOTT FIELD

**DEPART:**Be at the race course by 12:00. We’ll walk/jog the course at that time.

**RETURN:** The meet should conclude by 4:30.

**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
* Food: light snack for after school, and something for after your race.

**COACHES CONTACT INFO:**

Jim McPhilomy:   208-691-7223

Gabbi Saurette: 509-778-2612

Dan Yovichin: 661-4410

**DIRECTIONS:**

Take Hwy 95 north from Coeur D’Alene to Hwy 54 in Athol. Turn right (east) on Hwy 54 (E. Smylie Blvd.) towards Farragut State Park. Go left thru the roundabout to the park entrance. After the park entry, turn left on E. Farragut North road and follow the signs to the parking area.

\*\* There will be a $5.00/vehicle entry fee to enter the park.

NOTES:

This is our District Championship meet, and State Qualifying event. Everyone has raced well all season, and we are excited to finish the season strong. There is a chance of rain in the forecast, so come prepared. Bring an extra pair of socks to change into before the race, just in case!!! We will have the tent put up, so that is where we will meet. Awards will follow the conclusion of the JV race.

1A AND 2A teams will be running together, but results and awards will be separated. The top (5) individual 2A Varsity boys, and top (3) 2A Varsity girls will be awarded medals, and qualify for the State meet. The Championship boys and girls teams will qualify for the State meet.

We still need volunteers to assist on the course, and help break down the meet after the JV race. Please contact me if you are available to assist.

Thank you for your support and assistance throughout the season.

Thanks,

Coach