

2007 COUGAR INVITE CROSS-COUNTRY MEET INFORMATION

DATE: Monday, Sep 10

SITE: Phipps Park (2 mi east on Miller Landing Rd, off Meridian)

SCHEDULE:

2:30pm	Excusal
4:00pm	All team members at course
5:00pm	Girls' Varsity
5:30pm	Boys' Varsity
6:00pm	Open/JV/Community Race
6:30pm	Awards

NOTES:

While all may run this race, it is a 5km (twice the standard middle school distance), so only well-trained MS runners should attempt the open race. Those running the open race may come at 5pm instead of 4:00pm.

Athletes are reminded to hydrate and feed intelligently during the day, and to get plenty of rest over the weekend.

Team leaders are expected to bring tarps and a tent.
Coach Droze will bring one cooler/ice/cups.

Uniforms will be issued Thursday, Sep 6.

??? Call Gary at 942-7333