

Panther X-C

Meet Information

Who	Middle School Cross Country
What	Lakeland – Twin Lakes Middle School Invitational
When	Tuesday, September 24 @ 4:00 PM
Where	Twin Lakes Middle School
Depart	All student-athletes should plan on leaving for Twin Lakes right after school
Return	Our races may conclude by 4:45, and we should be done with awards by 5:30PM.
Necessary Items	<ul style="list-style-type: none"> • Uniform and racing gear (warm-ups, training shoes, racing flats, etc.) • Sweatshirt and pants, change of socks and shoes • Water • Food (snacks for 2 hours prior to the race and for right after).
Coaches' Contacts	Lewis Watkins —819-4339 Jacob Bowman —818-3396
Directions	<ul style="list-style-type: none"> • From CCA, go north on US-95 • Turn left onto ID-53 W • Turn right onto ID-41 N/ID-53 W • Turn right onto ID-41 N • Turn left onto W Rice Rd • School will be on left • Address 5326 W Rice Rd Rathdrum, ID 83858
Notes to Parents	We should plan on being at Twin Lakes by 3:20 PM or as soon as possible so as to allow for race tag distribution and to properly view the course and do an adequate warm-up. Thanks so much for your continued support and have a good time watching the races. Enjoy!
Race Schedule	<ul style="list-style-type: none"> ➤ 4:00 PM Middle School Girls ➤ 4:25 PM Middle School Boys ➤ 5:00 PM (ISH) Awards Ceremony
Notes to Athletes	It looks to be getting a little cooler for this race so warming up and dressing for a possible shower will be ideal. Do all the little things first, then think about the race. Focus on the terrain and working with your teammates through the early stages of the race. Please be sure to hydrate and get some rest this week, as there appears to be a cold going around. Above all, have fun and enjoy the experience! 😊