

# Panther X-C Meet Information

<b>Who</b>	<b>High School Cross Country</b>
<b>What</b>	William Johnson Sandpoint Invitational
<b>When</b>	Saturday, October 12 @ 9:00 AM
<b>Where</b>	<b>Travers Park</b> in Sandpoint, ID (This is a new venue due to the Gov. Shut-down)
<b>Depart</b>	All student-athletes should plan on leaving CDA by 8:00 AM.
<b>Return</b>	The meet may conclude by 1 PM, as awards are scheduled for around 1:15 PM.
<b>Necessary Items</b>	<ul style="list-style-type: none"> <li>• Uniform and racing gear (warm-ups, training shoes, racing flats, etc.)</li> <li>• Sweatshirt and pants, change of socks and shoes (could be cool &amp; dewy)</li> <li>• Water</li> <li>• Food (snacks to last the morning)</li> <li>• Umbrellas, tents, tarps, etc.</li> </ul>
<b>Coaches' Contacts</b>	<b>Lewis Watkins</b> —819-4339
<b>Directions</b>	<ul style="list-style-type: none"> <li>• From CCA, go North on US-95</li> <li>• Travel across the long bridge into Sandpoint and take the first exit</li> <li>• Continue on <b>E Superior St.</b> for a ½ mile and veer right onto <b>S 1<sup>st</sup> Ave</b></li> <li>• Take the first left onto <b>Lake St</b> and travel .4 miles</li> <li>• Turn right onto S Boyer Ave travel one block</li> <li>• Turn left onto Pine St and travel one mile to find park on your right</li> <li>• <b>Travers Park</b> 2100-2170 Pine St., Sandpoint, ID 83864</li> <li>• Get more detailed meet information here: <a href="http://www.shsxc.com/information/meet.aspx">http://www.shsxc.com/information/meet.aspx</a></li> </ul>
<b>Notes to Parents</b>	We are excited about our last regular season race, as this will give us one final chance to make preparations for the post-season. It is important that everyone leave for Sandpoint at the designated times, as construction delays could be possible and we need everyone there to ensure check-in and number distribution. Please consider carpooling with other families so as to make it easier on your efforts. Thank you for all of the support that you have shown, as it should be a promising day of performances and memories.
<b>Race Schedule</b>	<ul style="list-style-type: none"> <li>➤ 9:00 AM Kid's Fun Run (400 meters for all kids through the 6<sup>th</sup> grade)</li> <li>➤ 9:15 AM Middle School Girls (1.5 miles)</li> <li>➤ 9:45 AM Middle School Boys (1.5 miles)</li> <li>➤ 10:15 AM JV Girls</li> <li>➤ 11:00 AM JV Boys</li> <li>➤ 11:30 AM Varsity Girls</li> <li>➤ 12:00 PM Varsity Boys</li> <li>➤ 12:40 PM Citizen's Race</li> <li>➤ The Awards Ceremony will be immediately after the Citizen's Race.</li> </ul>
<b>Notes to Athletes</b>	<b>Please be sure to get this information to your parents ASAP!</b> Also, pack your bags (with a check-list) the night before, so that you don't forget your essential items. Come prepared with racing flats or light weight training shoes. Hydrate well and get your rest. Let's focus on putting together a complete race by working together with teammates in our ability range and inspiring each other to believe that anything is possible.