

Panther X-C Meet Information

Who	High School Cross Country
What	District I & II Regional Cross Country Championships
When	Thursday, October 24
Where	Grangeville Country Club—Grangeville, ID
Depart	All student-athletes should plan on leaving for the race by 8:00 AM; all student-athletes will have an all-day release from school.
Return	The meet may conclude by 4:30 PM, as awards are immediately after the final race.
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 (could be cool & wet) • Water—could be warmer than we're use to • Food (snacks to last the morning and afternoon) • Umbrellas, tents, tarps, etc.
Coach's Contact	Lewis Watkins—819-4339
Directions	<ul style="list-style-type: none"> • From CCA, go South on US-95 • Travel to the Lewiston basin—approx. 112 miles • Follow signs for US 95 South to Grangeville • GPS the Grangeville Country Club, Inc. course at: 16785 Highway 95 S, Grangeville, ID 83530-5181
Notes to Parents	We are hopeful for the teams and their performances, as both teams are ranked number one in the Region. Getting them to Grangeville is the key, as we know this poses a challenge with work schedules in the middle of the week. The student-athletes are scheduled for an excused release that day, and should leave CCA by 7:30 AM so that we can get to Grangeville in time to preview the course and stretch their legs. Whatever we can do to assist with coordinating carpooling and such with other families will be helpful. Everyone will be competing (either JV or varsity) and we look forward to good competition from schools in our region. Thank you so much for supporting our travel efforts!
Race Schedule	<ul style="list-style-type: none"> ➤ <u>2:00 PM</u> Varsity Girls ➤ <u>2:45 PM</u> Varsity Boys ➤ <u>3:15 PM</u> Combined Girls/Boys JV race
Notes to Athletes	Please be sure to get this information to your parents ASAP! Also, pack your bags (with a check-list) the night before, so that you don't forget your essential items. Come prepared for grass, dirt, and asphalt surfaces (flats & spikes with blanks only). Hydrate well and get your rest this week. We are the most prepared that we can be, so there should be a focus on what we can do, and not so much on what is beyond our control. If we perform as we did in the last two races of the season, then we should be able to accomplish our goals for not only qualifying for State, but being that much more prepared for when we go down to Idaho Falls. Stay relaxed, believe, and be mindful of the little things to reduce your stress and optimize your performance. I am so very proud of you as people first, and as runners second. Together, we will succeed and see our goals fulfilled. Above all, let's show our passion, give our support, and have some fun! ☺