

# Panther X-C

## Meet Information

<b>Who</b>	<b>High School Cross Country</b>
<b>What</b>	State Cross Country Championships
<b>When</b>	Saturday, November 2 <sup>nd</sup> @ 10:00 AM
<b>Where</b>	Freeman Park in Idaho Falls, ID
<b>Depart</b>	Leaving for Idaho Falls on Friday, November 1 <sup>st</sup> , at 8:00 AM from CCA.
<b>Return</b>	Choice of families attending, but coaches prefer Sunday, November 3 <sup>rd</sup> .
<b>Hotel</b>	<b>Motel 6</b> , 1448 W Broadway St Idaho Falls, ID 83402 · <b>(208) 522-0112</b>
<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; wet)</li> <li>• Water</li> <li>• Food (pack a lunch for Friday &amp; snacks for traveling through the weekend)</li> <li>• Money for for food (\$40) for the weekend, as rooms will be covered.</li> </ul>
<b>Coaches' Contacts</b>	<b>Lewis Watkins</b> —819-4339
<b>Directions to Hotel</b>	<ul style="list-style-type: none"> <li>• Travel East on I-90 toward Missoula, MT. (273 miles)</li> <li>• At exit 219 take ramp to I-15 South, entering Idaho. (199 miles)</li> <li>• Take ramp right toward Arco</li> <li>• Turn right onto US-20 / W Broadway St</li> <li>• Arrive at 1448 W Broadway St Idaho Falls, ID 83402</li> </ul>
<b>Notes to Parents</b>	<p>This is a well-deserved honor for these student-athletes to be competing at the State Championships. This is the third time that we have had two complete teams at the State meet, as both teams have the potential to be podium teams. We thank you for your support and for any of you that are willing to join us at state then I do have rooms reserved. Please contact me with any requests by Saturday evening.</p> <p style="text-align: center;"><b>The parking lots inside Freeman Park (race venue) will be closed to all vehicles; cars will be parking at the University Place parking.</b></p>
<b>Race Schedule</b>	<ul style="list-style-type: none"> <li>➤ <b>9:00 AM</b> set up team site</li> <li>➤ <b>1:00 PM</b> 2A Varsity Girls</li> <li>➤ <b>2:00 PM</b> 2A Varsity Boys</li> <li>➤ <b>Awards will be immediately following the 2A Varsity Boys race</b></li> </ul>
<b>Notes to Athletes</b>	<p>Please get this information to your parents, as this is our effort to get organized before this week gets underway. Congratulations on a state berth, well-deserved, and thank you for all of your consistent work and commitment to the “little things!” Your efforts have paved the way to absolute excellence—the best teams that we have ever had had on both sides at one time. Let’s make the most of this and travel to Idaho Falls with the focus of living up to our potential. I am so very proud of who you are and all that you’ve become this past year. Let’s have some fun! ☺</p>