

Panther X-C

Meet Information

Who	High School & Middle School Cross Country
What	Coeur d'Alene Invitational
When	Saturday, September 13 @ 8:00 AM
Where	Hayden Canyon in Hayden, ID
Depart	Middle school runners should be at the meet by 8:00 AM, and high school runners should be there by 8:45 AM at the latest.
Return	Awards are scheduled for 10 AM for middle school and at 1 PM for high school. It would be nice to have as many team members present for awards.
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 & dewy) • Water • Food (snacks to last the morning)
Coaches' Contacts	Lewis Watkins —819-4339 Jim McPhilomy —691-7223
Directions	<ul style="list-style-type: none"> • From CCA, go North on US-95 • Take a right onto Lancaster (it's at a new light North of Hayden) • Take a left onto Government Way • Travel North and you'll see signs for parking for the XC meet
Notes to Parents	This is the new venue that replaces Farragut from previous years. It's the first meet of the year for all of our teams and a great chance for everyone to support each other. Please help us get your kids there early and have them prepared for any kind of weather—it will be cooler in the morning hours, so expect temp changes. Please try to carpool if possible. Concessions will be available and very nice long-sleeve t-shirts will be for sale—around \$25.
Race Schedule	<ul style="list-style-type: none"> ➤ 9:00 AM Middle School Girls ➤ 9:30 AM Middle School Boys ➤ 10:00 AM JV Girls ➤ 10:45 AM JV Boys ➤ 11:15 AM Varsity Girls ➤ 11:45 PM Varsity Boys ➤ 12:30 PM Citizens' Race ➤ Awards Ceremony 10:00 AM for Middle School 1:00 PM for High School
Notes to Athletes	Besides bringing enough clothing, <u>all</u> of your necessary racing gear, water, E-mergen-C, and food, please be sure to bring a GREAT attitude and a willingness to do anything that your teammates need to be successful this day. We challenge you to be the most supportive team (cheering and supporting your teammates) out there. Let's go to Hayden Canyon and perform with Panther pride and race to your personality. That means stay relaxed and have FUN!!! 😊