6

 **Palmyra-Eagle Cross Country** **Thur. Aug 25**

**BUS DEPARTS: Waukesha South 3;15 pm**

**Bus Returns Approx: 8:00 pm**

**Teams:** Big Foot, Clinton, Deerfield/Cambridge, Delavan-Darien, Elkhorn, East Troy, Home School Eagles, Jefferson, Lake Mills, Milwaukee Rufus King, New Berlin West, Parkview ,Waukesha North (Girls), Waukesha South (Girls)

**Carlin Weld Park. Carlin Weld is located on Hwy Z, just off of Hwy H outside of Palmyra.**

Palmyra's Carlin Weld Park

Follow directions to Palmyra. When you get into Palmyra on H, stay on H and go through the center of town. Come to a stop sign and the road becomes Hwy. 59/Main Street. Continue on 59 heading east out of town until you see Hwy. H again. (It'll be the second country road outside of town.) Turn left on H. Go about 3-4 miles, then turn left on ZZ. The park is a short distance down on ZZ on your left.

Below is an approximate time schedule

* Boys JV 4:30
* Boys Varsity 5:10
* Girls Varsity 5:40
* Girls JV 6:15

Open 1.5 mile race 7:00 (Not officially timed)

**Awards:** Medals will be given to the top 25 runners a

**T-Shirts:** Concessions and t-shirts will be available.

**Coaches Notes:** This is the first race and our focus is on staying in CONTROL and running within yourself. Focus on a steady early pace and build up during the race. The coaches only expectation is that you compete and run within yourself. Complete the race at your own pace. We want everyone to have a positive experience and establish their ‘base’ time for the season.

**Weather:** Sunny Warm with increasing temperatures. Expected to be in the 80’s at race time.

Bring clothes to wear over your uniform for walk thru and warm up. **DRINK PLENTY OF WATER DURING THE DAY...**

**Practice – Friday 9:00 am – 10:15 am (Scavenger Hunt )**

**Friday Practice 9:00 am – 10:15 am @ Minooka Park ¨Parents Meeting 9:15 am - 9:45 am**

**Team Website: http://www.waukeshasouthathleticsandactivities.com/page/show/872004-girls-cross-country-2013-**

**Parents please email coach Lehmann to be included on the email list: elehmann@waukesha.k12.wi.us**