**22nd Annual Muskego Warrior Cross Country Invitational**

When: Saturday, September 24, 2016

Where: Lake Denoon Middle School – w216 s10586 Crowbar Drive, Muskego, WI 53150

Weather: 70’s and a chance of Showers (Great day to run !)

Bus Departs: Waukesha South 7:15 am Varsity Athletes arrive b y 10:30 am

Bus Returns: Approx. 1:30 pm

T-Shirts: Short Sleeve $13 Long Sleeve $15

Awards: JV Winner (Each Race) Varsity Top 20

Schedule:

10:00am JV Boys Race

 10:40am JV Girls Race

 11:20am Varsity Boys Race (8 varsity runners max)

 12:00pm Varsity Girls Race (8 varsity runners max)

Libby, Grace, Elise, Claire, Ashley, Hannah, Beth, Taya

12:45pm Awards (we will start these earlier if possible)

**Eating Procedures:**

Eat BREAKFAST before leaving on the bus. Fruit or another snack on the bus will be good, since you are racing later in the morning. Varsity 12:00 noon

**Coaches Notes:**  This is a FLAT course. Many of you have raced here last year., This will nice race with ‘pack’s of runners. **DO NOT GO OUT TOO FAST... Set a 1st mile goal time and stick with it.** Resist the urge to go out fast, stay discipline and finish STRONG! Great course to pass people on the last straightaway.

**Next week we compete at Mukwonago on Thursday September 29th**

**Girl’s Varsity 4:00 pm Girl’s JV 5:10 pm**

**Date Change: The Waterford meet is on Friday Oct. 7th**

**(Not Thursday Oct. 6th as stated on the original schedule)**