

September 14, 2015

TO: Cross Country Parents

FROM: Coach Ehlert, Coach Schmidt, Coach Gillespie

RE: Tuesday Practice, Wednesday Meet, Thursday Practice, and Saturday's Meet

Tuesday Practice

Practice will be done at 4:30.

Wednesday's Meet -September 16th

The Moline Invitational listed for this Wednesday (9/16) is at Coal Valley Municipal Park in Coal Valley. The 7th and 8th grade girl's race will begin at 4:15 and the 7th and 8th grade boy's race will follow around 5:00 pm. There is construction on I-80 and Highway 6.

Directions to Coal Valley:

- 1) Take Highway 6 West to I-80
- 2) Take I-80 East to I-280 West
- 3) Take I-280 West to Highway 6 East
- 4) Take Highway 6 East to 1st Street.
- 5) Turn Right on to 1st Street.
- 6) The park will be about 1 mile on your right

Thursday Practice -September 17th

We will be practicing before school on Thursday. There is an early out. Practice will begin at 6:30. Come a few minutes early to be ready to go at 6:30. The coaches will be there at 6:15 to let you in.

Friday Practice -September 18th

Practice will be done at 4:30.

Galesburg Bus & Race Times

Saturday morning (Sept. 19th) the bus will leave at 7:00am, from the Middle School, to get to the Galesburg Invitational. Please come a few minutes early that day so we can load and be on the road on time. There is a change this year to the meet schedule. There are 4 races. The Girls "Top 7" will go off at 9:00 am followed by the Boys "Top 7" Race at 9:30 am. There will be a Girls Open race at 10:00 am, followed by a Boys Open Race at 10:30 am. Awards will be shortly after the Boys open race. We will stop to eat lunch in Galesburg on our way home so bring enough money for a fast food stop. With the new format we expect to get back to Geneseo around 2:00. Students planning on riding home with parents should turn in their note at school Friday. Please sign your athlete out, before leaving. Directions to the meet site at Lake Story are as follows - 1) head south on Interstate 74, 2) exit west on Route 34 (Exit 46A), 3) continue west to Route 150 (toward Alpha), 4) exit north, pass the stoplight and take the 2nd exit into the park.