

Cross Country Week-at-a-Glance, August 31-Sept 7, 2009

Cross Country is in full swing—and school hasn't even started! The boys have a big week—Monday is team picture day and Wednesday is the joint potluck dinner with the girls' team at the Lake Cornelia picnic shelter at Rosland Park . . . this is an event for the whole family. Items to bring are in a separate attachment. Thursday is the first meet of the season for most of the team, at the Matterhorn Invitational! The Pleasant Valley Invitational will be the kick-off meet for the Top 14 Varsity and JV runners.

The meet lineup and directions to the meet can be found on our website edinacrosscountry.com/. If you are on the road and need directions, call the Hotline at 952-848-3814

- Monday August 31 Practice: 4:30 to 6:30pm @ ECC for everyone
Pleasant Valley Team: 7:30am @ Hyland
Team Pictures at 5:00 sharp
Bring your uniform and picture envelope with money.
- Tuesday September 1 Practice: 7-8th @ 5:00-6:00pm @ ECC
9-12th @ 6:00-7:30pm @ ECC
Varsity @ 6:00-7:30pm @ Hyland
All 9-12th Graders —7:30am @ ECC
- Wed. September 2 Practice: 3:30-4:30pm @ECC for everyone
All 9-12th Graders —7:30am @ ECC
Potluck Dinner with Girls' Team (see attachment for what to bring)
5:30pm @ Lake Cornelia Picnic Shelter
(next to the pool)
Kickball game with the girls' team following
The whole family is welcome!
- Thursday September 3 NO AM Practice
Matterhorn Invitational Meet
All runners report to ECC by 1:10pm
Bus departs @ 1:30pm
JV (10-12th and some 9th) 5K Race: 3:30pm
Varsity 5K Race: 4:25pm
7-9th Grade 2-mile Race: 5:20pm
Please be there to cheer for our runners!
Pleasant Valley Team – be to Central Park to cheer on your teammates no later than 3:00pm (you are welcome to take the bus).
- Friday September 4 Practice: 7:30-8:30am @ ECC for everyone
Pleasant Valley team travel to Bettendorf, Iowa
- Saturday September 5 7th-8th: No Practice
9th-12th: No Practice
Top 14: **Pleasant Valley Invitational @ Bettendorf, Iowa**
Varsity race @ 9:30
JV Race @ 11:30
- Sunday September 6 No Practice
- Monday September 7 Practice: 6:00pm @ Hyland for everyone
Labor Day