GSW PANTHER

**CROSS COUNTRY**

Cross Country Coach:

Following is some information about our meet with you on September 11th at Dwight.

Teams: Beecher, Clifton Central, GSW, El Paso-Gridley, Herscher, Iroquois West, Lisle, Manteno, Marquette Academy, Peotone, Pontiac, Prairie Central, Seneca, Westmont and Tri-Point.

Time: 4:30 p.m. Fresh/Soph Boy’s and Girl’s race

 Girl’s varsity race

 Boy’s varsity race to follow

Distances: Varsity Girl and Boy’s-3.0 miles, Fr-Soph-3.0miles.

Course: It will be a two-lap course on the back nine of the Dwight Country Club. It should be easy to follow and is entirely on grass. Spikes may be used. **PLEASE STAY OFF THE GREENS!**

Parking: Park in the grass area between the clubhouse and the road that are north of the clubhouse.

Restrooms: Please use the restrooms in the clubhouse. They are located just inside the front door. There is a port-a-potty by the pond near the start/finish area. **NO SPIKES IN THE** **CLUBHOUSE!!**

Results: They will be faxed to local newspapers. I will fax final results to your school the following day if you do not receive a copy after the meet.

Rosters: Please return the enclosed lineup sheet (Excel) via email to the address (dbohlke@yahoo.com) on the form by Sept. 4, 2018.

Awards: We will have 2 team and 15 individual awards in the varsity races. The fr/soph races will have 1 team and 10 individual awards.

# Larry Lane, Head Coach Matt Eggert, AD

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