**Boys XC Weekly Schedule for 9/5-11, 2016**

**Monday, 9/5**-Practice 9:30-11:00 am

**Tuesday, 9/6**-Away meet @ DuBois with Elk County Catholic

You are dismissed at 2:15. The bus leaves at 2:30. The meet begins at 4:00 pm. The DuBois course is at Wasson Elementary School. The address is 300 Wasson Avenue, DuBois Pa.

**Directions: Basically you will be coming into DuBois on Rt 119/219 (S. Brady Street). You will pass a Save-a-Lot on your left, then Sekula Sign on your right, then look for Hand Street on your left. Take Hand Street, go about .3 mile, turn left onto Wasson Avenue and the elementary school is right there. I am expecting we will be home around 7:00 pm. Please remember all clothing in addition to your racing attire should be Punxsy Cross Country warm-ups or Punxsy XC clothing if at all possible. I prefer we look similar as a team at all competitions.**

**Wednesday, 9/7**-Practice 3:30-5:30

**Thursday, 9/8**-Practice 3:30-5:30 The clothing order should be delivered today if all goes well.

**Friday, 9/9-**practice 3:30-5:30 I was thinking we could try to be done with practice by around 4:45 or so and then perhaps we could work on painting the wooden winged feet that we have hung on the fence in the past. We’ll see how things go during the week.

**Saturday, 9/10**-Big Red invitational at West Middlesex High School. The bus leaves at 6:30 am. Time Schedule: 8:40 – Coaches Meeting  
 8:55 – National Anthem  
 9:00 – Junior High Girls  
 Junior High Boys   
 Varsity Girls  
 Varsity Boys  
 JV Girls   
 JV Boys

**\*\*3/16” Needle Spikes ONLY!! The finish line is on the track.\*\*  
Shoes will be checked!!!!**

Awards: Varsity Races – 50 places: 1-3 plaques, 4-50 medals  
Junior High Races – 50 medals  
JV Races – 40 medals  
Team Trophies – Varsity: 3, Junior High: 2, JV: 1

**Directions: If you get on Interstate 80 at Brookville, go 75 miles on I-80 West and take Exit 4a to merge onto I-376 East toward New Castle**

**Stay on I-376 E**

**Take exit 1C for Pa-318 for West Middlesex**

**Continue on Pa-318 W for .6 mile**

**Turn left onto School Street, arrive at school at 3591 Sharon Road, West Middlesex, Pa.**

I am guessing we should get home around 3:00 pm Saturday, but this is just an estimate. We’ve never been to this invitational before, so I don’t know what to expect. More details about the teams attending will be provided later in the week.

7 runners will compete in the varsity division, with the remaining 6 members competing in the junior varsity division. I will use the splits from our relay meet and the results from Tuesday’s meet at DuBois to determine the varisty/junior varisty teams and will let you know on Wednesday.

We will try to avoid stopping if concessions are available. Please bring money to eat and purchase a shirt if you wish.

**Sunday, 9/12**-Rest day-no running