

WRMS CROSS COUNTRY
Bus Departure Times on Meet Days
Updated Schedule - 8/17/09

Day	Date	Race Time	Meet Location	Time to Be at School	ETA Back to School
Sat.	9/5/2009	8:00AM	Warner Park - Manhattan	5:30AM	1:00PM
Sat.	9/12/2009	12:00PM	Jones Park - Emporia	8:00AM	4:00PM
Sat.	9/19/2009	11:00AM	Wyandotte County Park - Bonner Springs	8:15AM	3:00PM
Thurs.	10/1/2009	4:00PM	Rock Creek Jr./Sr. High - St. George	1:10PM	8:00PM
Sat.	10/3/2009	8:30AM	Shawnee North Comm. Center - Topeka	6:45AM	12:30PM
Sat.	10/10/2009	8:30AM	Warner Park - Manhattan	6:00AM	12:00PM

NOTES

- 1) Students must take the bus to all meets. However, if a student wishes to ride home from a meet with his/her parent, **the student and their parent** must report to a coach at the meet to sign out. **No student will be allowed to ride home from a meet with someone else's parent even with parental permission. NO EXCEPTIONS!**
- 2) The bus will stop and we will eat on the way home from all out of town meets. **Students are responsible for their own meal money.**
- 3) The WRMS Activities Line will be updated on the way home from meet indicating the approximate time of arrival back at the middle school.
WRMS Activities Line : 339-4326 (prompt 3 for sports - prompt 8 for Cross Country)

Please go to the following website: www.wrms.net/teacher_web/cross_country for more information on the 2009 WRMS Cross Country season.

- Cross Country Meet Schedule
- Cross Country Practice Schedule
- Bus Departure Times for Meet Days
- Cross Country Information Handout
- What Can Parents Do to Help the Cross Country Team?
- Nutrition for Cross Country Runners
- Information on Energy Drinks (BAD!)
- Summer Cross Country Log Sheets
- List of Peanut Free and Peanut Factory Free Snacks