

2011 WRMS CROSS COUNTRY

Bus Departure Times on Meet Days

Updated Schedule -8/30/11

Day	Date	Race Time	Meet Location	Time to Be at School	ETA Back to School
Sat.	9/3/2011	8:00AM	Warner Park - Manhattan	5:30AM	1:00PM
Sat.	9/10/2011	8:00AM	Jones Park - Emporia	5:30AM	1:00PM
Tues.	9/13/2011	4:00PM	Clay Center Community HS/MS - Clay Center	bus leaves at 12:50PM	9:00PM
Sat.	9/24/2011	11:30AM	Anneberg Park - Manhattan	9:00AM	4:00PM
Tues.	9/27/2011	4:00PM	Rock Creek Jr./Sr. High - St. George	bus leaves at 1:30PM	8:30PM
Fri.	9/30/2011	4:00PM	Milford State Lake - Junction City	bus leaves at 1:15PM	8:30PM
Thurs.	10/6/2011	3:30PM	Shawnee Mission Park - Shawnee (KC)	bus leaves at 12:45PM	7:30PM

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.**

Please go to the following website: <http://teacher.usd437.net/wrms/cc> for more information on the 2011 WRMS Cross Country season.

- Cross Country Meet Schedule
- Cross Country Practice Schedule
- Governor's Mansion and Crestview-Shunga Trail Practices Information Sheet
- Bus Departure Times for Meet Days
- Cross Country Information Handout
- Athlete Late Pick-Up Policy
- Disciplinary Action Plan
- 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
- Information on Asthma
- Previous Years Team Pictures and Results