

EMPORIA INVITATIONAL CROSS COUNTRY MEET INFORMATION

Date: Saturday, September 10, 2011

Jones Park

DIRECTIONS: Take the Kansas Turnpike South and take the Emporia exit. From I-35, take the Industrial Road Exit, head south to the first stoplight and turn left on 18th Ave. Go ½ mile to Prairie Street and turn left (north) on Prairie. Go two blocks and you will see a sign for Jones Park on the right. The Jones Park entrance is immediately past the cemetery on your right.

HIGH SCHOOL RACE TIMES:

High School JV Girls	9:00am	4K
High School JV Boys	9:30am	5K
High School Varsity Girls	10:00am	4K
High School Varsity Boys	10:30am	5K
High School Boys C Team	11:00am	4K
High School Awards	11:45am	

MIDDLE SCHOOL RACE TIMES:

7 th Grade Girls	8:00am	1 mile
7 th Grade Boys	8:15am	1 mile
8 th Grade Boys and Girls	8:30am	2 miles
Middle School Awards	9:00am	

WRMS Records for Emporia Invitational

7 th Boys	2009	Jordan Setayesh	6:03.90	1 mile
7 th Girls	2010	Caroline Craig	6:19.82	1 mile
8 th Boys	2010	Michael Prekopy	11:30.46	2 miles
8 th Girls	2010	Amanda Zoetmulder	13:26.70	2 miles

Awards will be given for the top 10 in each race. Team results will be announced. The first three runners will count in team scoring and 4th and 5th runners will be tiebreakers. A plaque will be awarded to the top 7th and 8th boys and girls teams.

PARTICIPATING MIDDLE SCHOOLS: Emporia, Burlington, Washburn Rural, Emporia Christian, Eisenhower (Manhattan), Seaman, Anthony (Manhattan), Fort Riley, and Wamego

The course is rolling hills, a creek crossing, and all grass except for crossing some roads in the park. A WHITE line will serve as a guide throughout the course for the TWO MILE and an ORANGE line will serve as a guide for the ONE MILE.

As a feeder program for high school sports, we will stay and watch and cheer on our high school Cross Country program when possible. WRHS XC is participating in the high school meet after the middle school races at Jones Park. ***We will stay and watch the Junior Varsity and Varsity races and leave by 10:45-11:00am. We will leave school in the morning no later than 5:45am and arrive in Manhattan to warm-up and jog the course. Please arrive to school no later than 5:30am.***

Athletes are allowed to bring their own snacks and drink. Please **no** glass containers. The Emporia High School Cross Country Booster Club will provide a concession stand. Emporia High Invitational T-shirts will be available for sale.

We will be stopping after the meet to eat in Emporia at Pizza Ranch, located at 3000 W. 18th St. **Athletes are responsible for their own meal money. The buffet (food and drink) will cost \$8.15 with tax included.**

Dress for cold and wet weather. The school issued sweats and uniforms will be worn at all meets. You may also wear your Washburn Rural apparel that you bought.

If the athlete is not riding the bus home, the athlete AND his/her parent must sign out with a coach before leaving. Athletes may leave ONLY with their parent/guardian. NO EXCEPTIONS! Athletes may leave after their race.

Estimated time home is 1:30pm. BUT please be available for a phone call anytime after 12:45pm in case we arrive back early.

TEAM/INDIVIDUAL PICTURES WILL BE FRIDAY, SEPTEMBER 16th. Athletes will wear their uniforms for pictures. Please bring both your uniform top and bottom and complete set of sweats for the team picture.

Thanks,
Coach Jeff Pierce
Coach Christi Evans
Coach Amanda Danielson

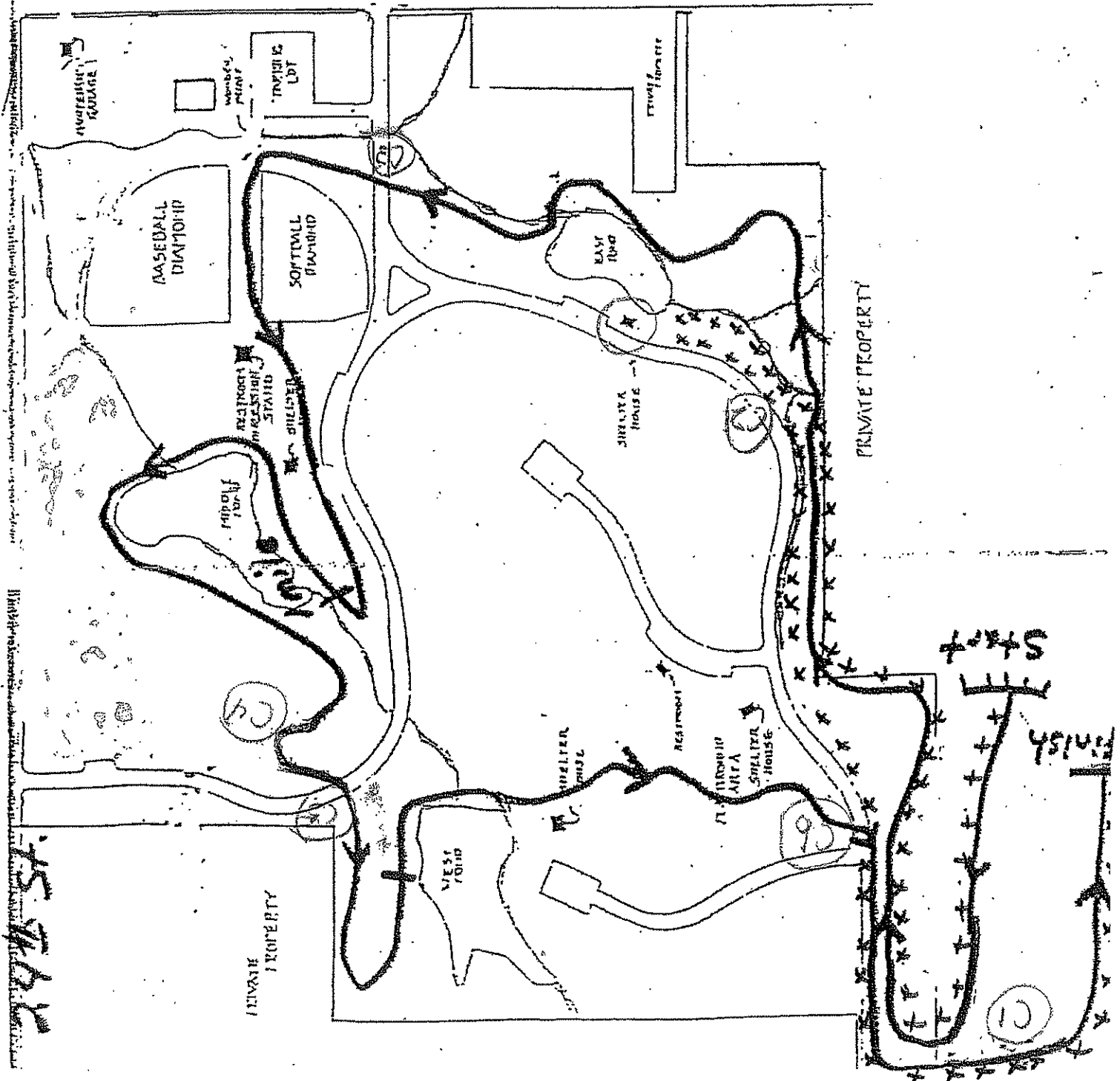
Jones Park Emporia, KS

2 Mile

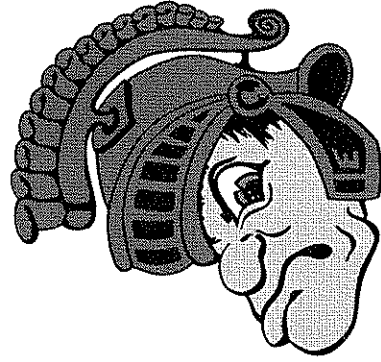
COURSE

1 Mile Course

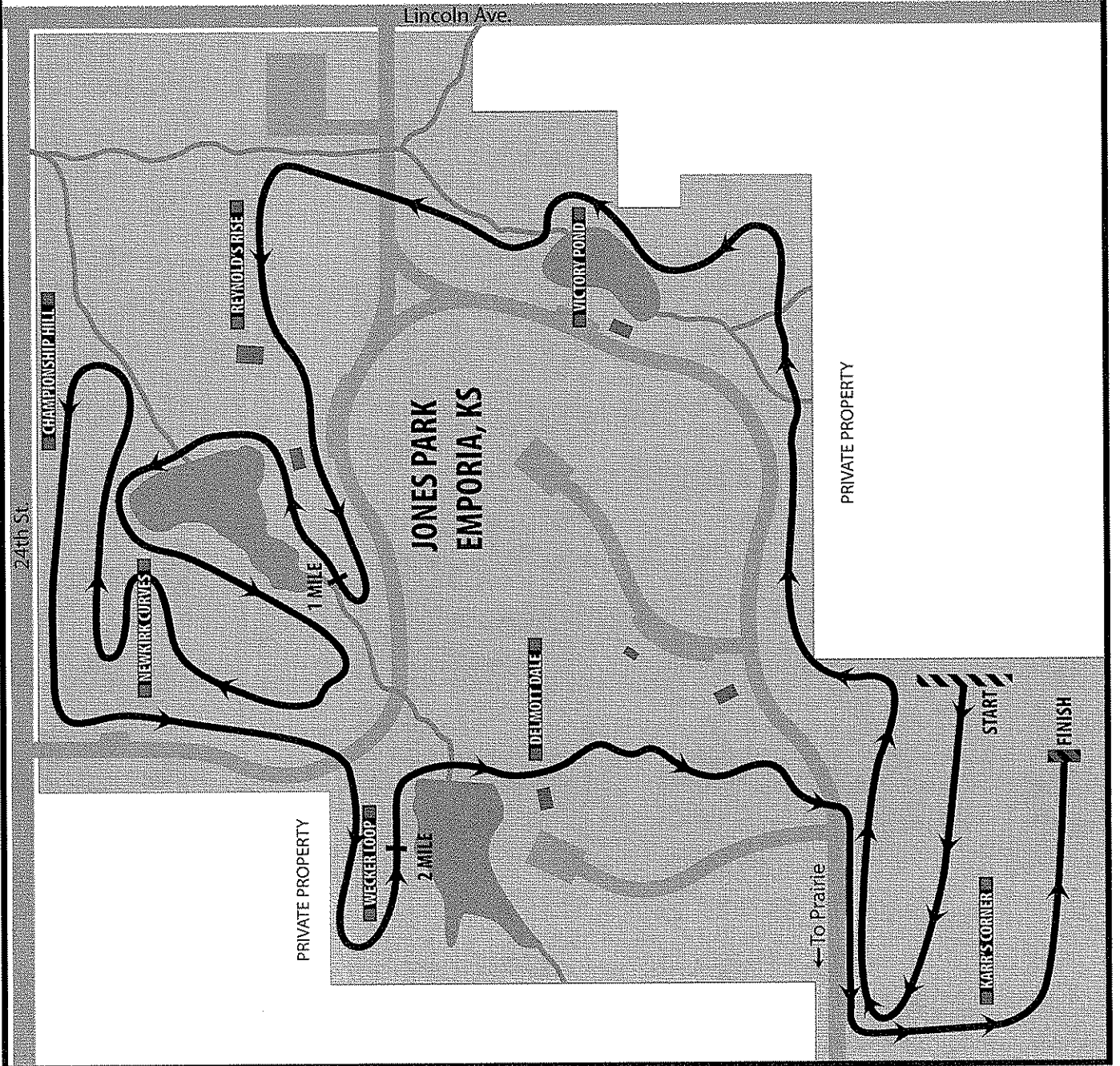
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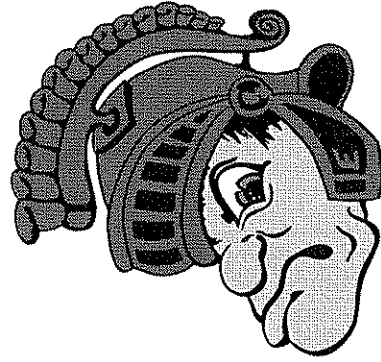
4K COURSE



EMPORIA HIGH CROSS COUNTRY



5K COURSE



EMPORIA HIGH CROSS COUNTRY

