

MANHATTAN INVITATIONAL CROSS COUNTRY MEET INFORMATION

Date: Saturday, September 3, 2011

Warner Park

DIRECTIONS: Warner Park is located just west of Manhattan on Highway 18. **If coming from the east on I-70**, take exit 313 north to Manhattan. After crossing the bridge, take the exit right to Tuttle Creek Blvd. /Ft. Riley Blvd. and turn right to go around the south edge of Manhattan. Continue on Ft. Riley Blvd. (which turns into K-18 Highway) traveling west past the Clarion Hotel approximately 1.1 miles, just past mile marker 188 to Miller Parkway and turn right. Turn right again at Warner Park Road and follow it into Warner Park.

The combined 7th Grade race starts at 8:00am and the combined 8th Grade race starts at 8:20am. **Race distance will be 1600 meters.** A white line will serve as a guide throughout the course. Medals will be given for the top 5 in each division and grade. Team results will be announced.

WRMS Records for Manhattan Invitational

7 th Boys	2008	Reid Towns	5:58.18	1 mile
7 th Girls	2010	Caroline Craig	6:20.08	1 mile
8 th Boys	2010	Michael Prekopy	5:36.61	1 mile
8 th Girls	2010	Kaira Houser	6:14.12	1 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 Warner 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.*

HIGH SCHOOL RACE TIMES:

High School JV Boys	9:00am	5K
High School JV Girls	9:30am	4K
High School Varsity Boys	10:00am	5K
High School Varsity Girls	10:30am	4K

PARKING: Manhattan High School will **charge \$5 per car for parking** to help offset the cost of awards and meet administration.

Athletes are allowed to bring their own snacks and drink. Please **no glass containers.**

We will be stopping after the meet to eat in Manhattan at AJ's Pizzeria at 3rd and Poyntz Ave. **Athletes are responsible for their own meal money. You will need a minimum of \$5 for food.**

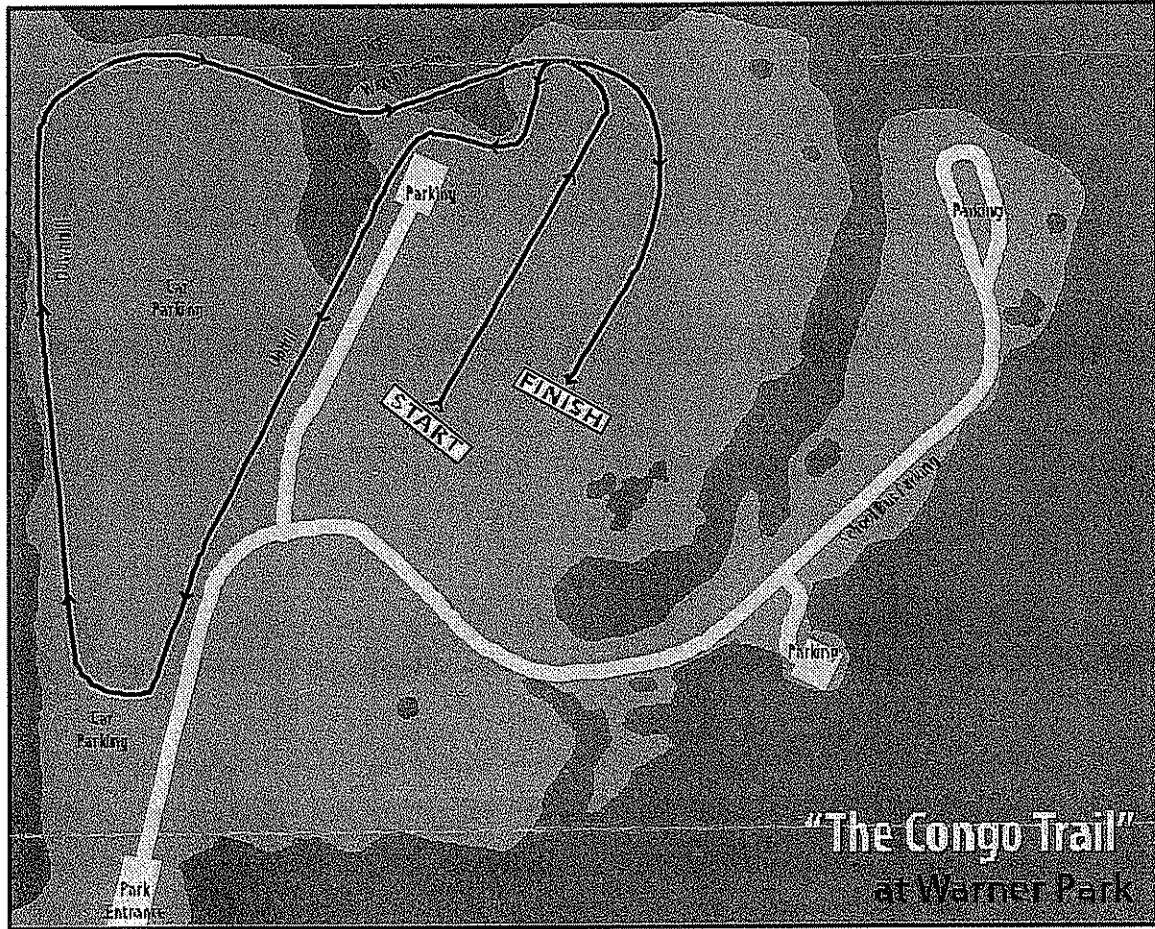
Dress for cold and wet weather. The school issued sweats and uniforms will be worn at all meets. You may also wear your Washburn Rural apparel that you bought. **Sweats will be handed out next week.**

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 1:45 pm. **BUT** please be available for a phone call anytime after 12:30pm in case we arrive back early. You may also call the WRMS Activities Line after 12:00pm for an update on the meet and most up-to-date estimated time home.

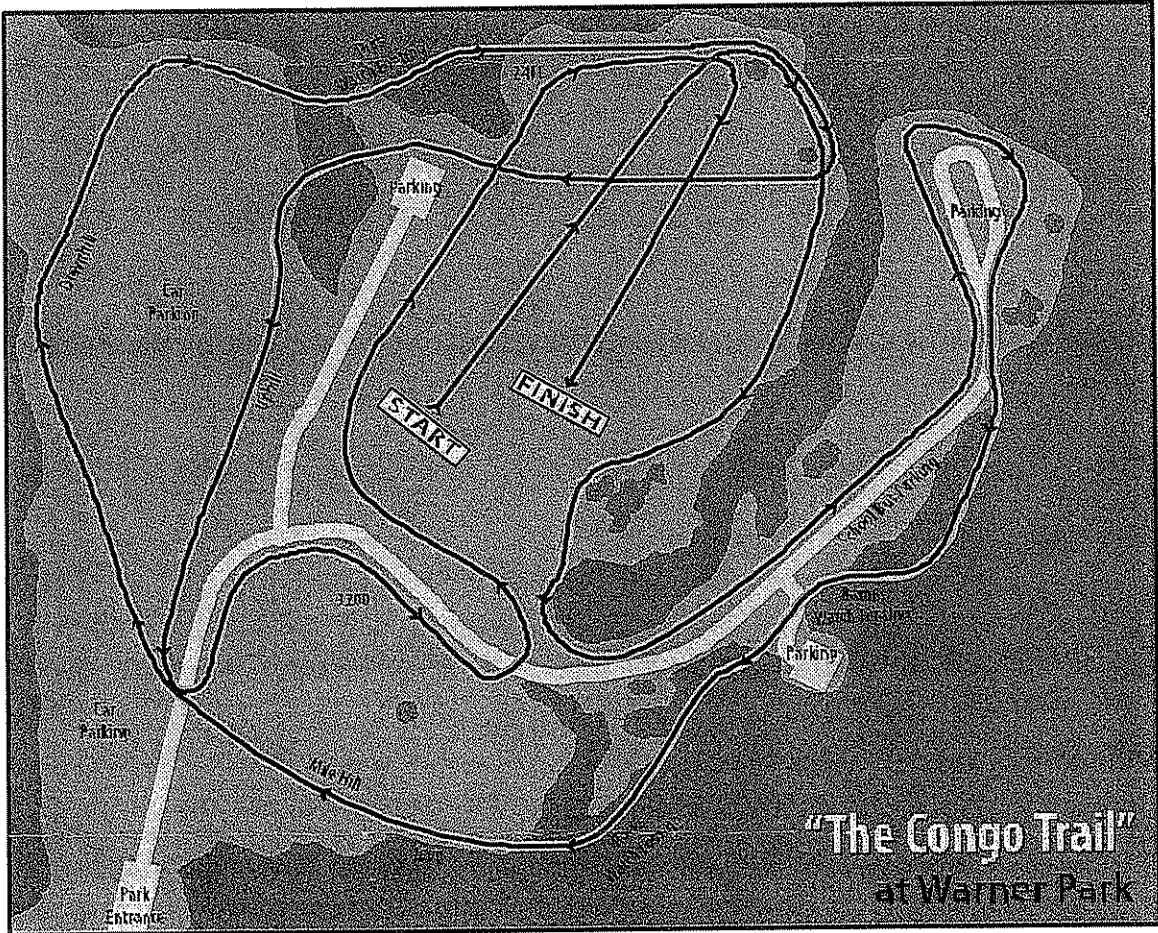
WRMS Activities Line: 339-4326 (prompt 3 for sports – prompt 8 for Cross Country)

Thanks,
Coach Jeff Pierce
Coach Christi Evans



"The Congo Trail"
at Warner Park

Legend North 	Middle School 1600	Road
		Trees
		Grass
		Trail



"The Congo Trail"
at Warner Park

Legend North 	4000 Course	 Road
		 Trees
		 Grass
		 Trail

