

Middle School Centennial League Meet  
FRMS/JCMS CROSS COUNTRY MEET INFORMATION

**Date: Friday, September 30, 2011**  
Milford State Lake – Junction City, KS

**DIRECTIONS:** Milford State Park – located approximately 6 miles northwest of Junction City, KS. Coming from I-70 (from the east or west) should take U.S. Highway 77 exit 295, which is on the west edge of Junction City. Go north on U.S. 77. Cross the Republican River Bridge and then turn left on Old Milford Road (the first blacktop road after the river bridge). Take this road past the golf course, up the hill and turn left when you get to the old school house. From there you will see the entrance to Milford State Park. Follow the signs inside the state park to the course.

**MIDDLE SCHOOL RACE TIMES:**

7 <sup>th</sup> Grade Girls	4:00pm	1 mile
7 <sup>th</sup> Grade Boys	4:20pm	1 mile
8 <sup>th</sup> Grade Girls	4:40pm	2 miles
8 <sup>th</sup> Grade Boys	5:10pm	2 miles
Middle School Awards	Upon completion of the races	

**WRMS Records for the Milford Lake Course**

7 <sup>th</sup> Boys	2010	Cason Cropp	6:04.39	1 mile
7 <sup>th</sup> Girls	2010	Caroline Craig	6:18.35	1 mile
8 <sup>th</sup> Boys	2010	Michael Prekopy	11:28.70	2 miles
8 <sup>th</sup> Girls	2010	Hanna Hagemann	13:29.55	2 miles

Awards will be given for the top 10 in each race. Team results will be announced. Top five will score for each team and 6<sup>th</sup> and 7<sup>th</sup> will be tiebreakers. Tear off numbers will be used as the primary scoring system. Athletes need to walk through the entire chute so the workers can tear off their number. A white chalk line will mark the entire course.

**PARTICIPATING LEAGUE MIDDLE SCHOOLS:** 7 teams: Fort Riley, Junction City, Eisenhower (Manhattan), Anthony (Manhattan), Washburn Rural, Seaman, and Emporia.

This meet is a middle school meet only. **We will leave school by 1:10pm and arrive at Milford Lake to warm up. Students will get out of class during 6<sup>th</sup> hour at 12:55pm. Students need to report to the locker rooms and change to get ready to leave. Students need to talk with their 6<sup>th</sup> and 7<sup>th</sup> hour teachers and tell them they will be gone and hand in any homework due that day and get work that will be missed.**

**PARKING:** Limited parking is available at the course, so parents are encouraged to car pool to the site. **The state parking fee is \$4.20 per car.** This fee is required by the Kansas State Park System, so please do not argue with the person in the booth. Every car coming in will have to pay \$4.20. A suggested meeting place for parents would be the intersection of Highway 77 and I-70 at Sapp Brothers Truck Stop and car pool from there.

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

We will be stopping after the meet to eat in Junction City at the McDonald's located at 1127 South Washington St. off I-70. **Athletes are responsible for their own meal money.**

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 **8:30pm**. BUT please be available for a phone call any time after **7:00pm** in case we arrive back early.

Thanks,  
Coach Jeff Pierce  
Coach Christi Evans  
Coach Amanda Danielson

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MILFORD LAKE

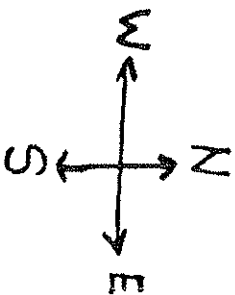
MIDDLE SCHOOL

1600 METER RACE

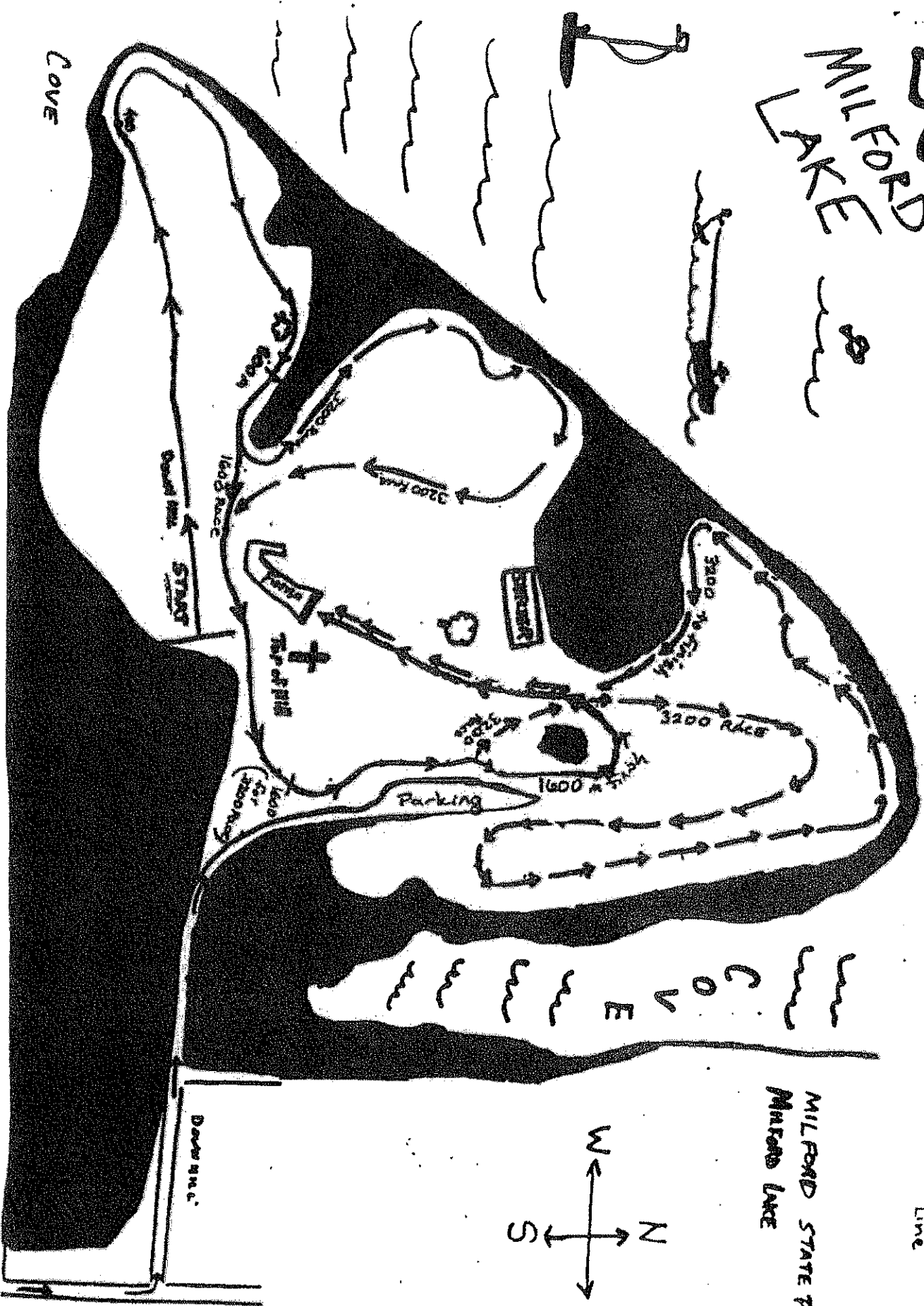
3200 METER RACE

— Solid Line  
— Interrupted Line

MILFORD STATE PARK  
MILFORD LAKE



Down street



COVE

COVE