

ROCK CREEK MUSTANGS JUNIOR HIGH CROSS COUNTRY MEET INFORMATION

Date: Thursday, September 27, 2011

St. George, KS

DIRECTIONS: Take I-70 west from Topeka. Take the KS-99 exit (EXIT 328) towards Alma/Wamego. Turn right onto KS-99 (about 14 miles). Turn left onto Louisville Rd. (about 8 miles). Turn right onto Flush Rd. The school is about one mile down the road at 9355 Flush Rd. in St. George, KS.

MIDDLE SCHOOL RACE TIMES: * (all times are approximate – information only says races start at 4:00pm)***

7 th Grade Combined Boys/Girls Junior Varsity (JV)	**4:00pm	1 mile
7 th Grade Varsity Girls	**4:15pm	1 mile
7 th Grade Varsity Boys	**4:30pm	1 mile
8 th Grade Combined Boys/Girls Junior Varsity (JV)	**4:45pm	2 miles
8 th Grade Varsity Girls	**5:15pm	2 miles
8 th Grade Varsity Boys	**5:45pm	2 miles

Awards ceremony immediately following the last race.

WRMS Records for Rock Creek Meet

7 th Boys	2008	Reid Towns	5:46.87	1 mile
7 th Girls	2010	Caroline Craig	6:06.94	1 mile
8 th Boys 1 mile	2008	Ian Mutschelknaus	5:32.98	1 mile
8 th Girls 1 mile	2008	Kady Mahaffey	6:08.48	1 mile
8 th Boys 2 mile	2010	Michael Prekopy	11:21.96	2 miles
8 th Girls 2 mile	2010	Hanna Hagemann	13:36.69	2 miles

Medals will be given for the top 15 in each race, including both divisions in the JV races. No team scoring will be kept at this meet. However, Coach Pierce will score the points after the races for statistical purposes.

PARTICIPATING MIDDLE SCHOOLS: 15 teams: Riley County (Riley), Seaman, Clay Center, Wamego, Flint Hills Christian (Manhattan), Anthony (Manhattan), Eisenhower (Manhattan), Jeff West (Meriden), Junction City, Fort Riley, Marysville, Rossville, Rock Creek (St. George), Mill Creek Valley (Paxico), and Washburn Rural

A white line will serve as a guide throughout the course.

This meet is a middle school meet only. **We will leave school by 1:15pm and arrive at Rock Creek to warm up. Students will get out of class during 6th hour at 1:00pm. Students need to report to the locker rooms and change to get ready to leave. Students need to talk with their 6th and 7th hour teachers and tell them they will be gone and hand in any homework due that day and get work that will be missed.**

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

We will be stopping after the meet to eat in Wamego at McDonald's at 701 U.S. Highway 24. **Athletes are responsible for their own meal money.**

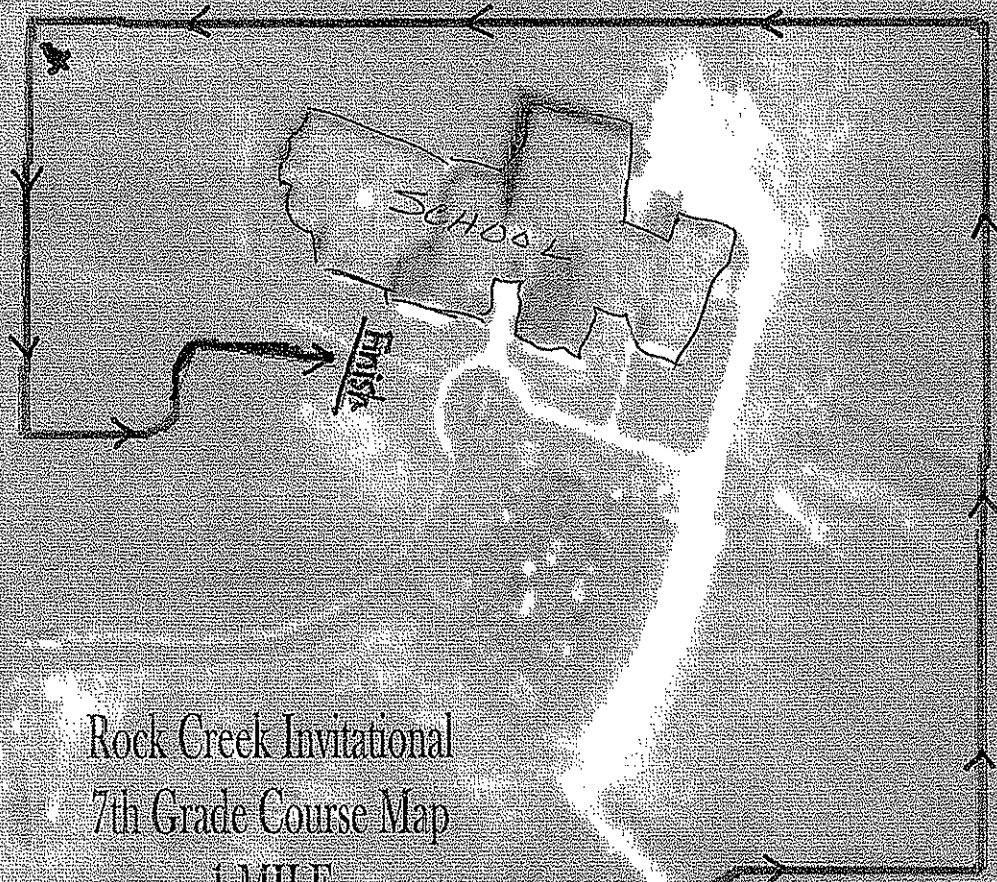
Dress for cold and wet weather. The school issued sweats and uniforms will be worn at all meets. You may also wear your Washburn Rural apparel that you bought.

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.

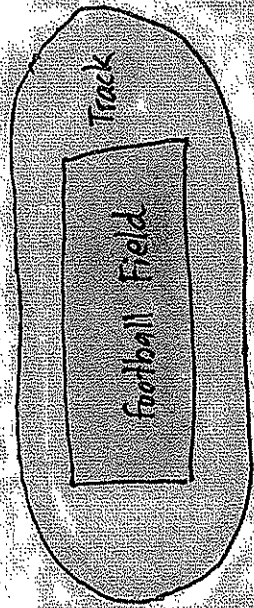
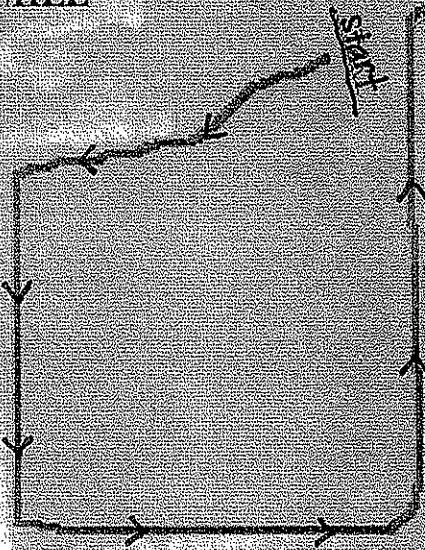
ESTIMATED time home is 8:30 pm. BUT please be available for a phone call anytime after 7:00pm in case we arrive back early.

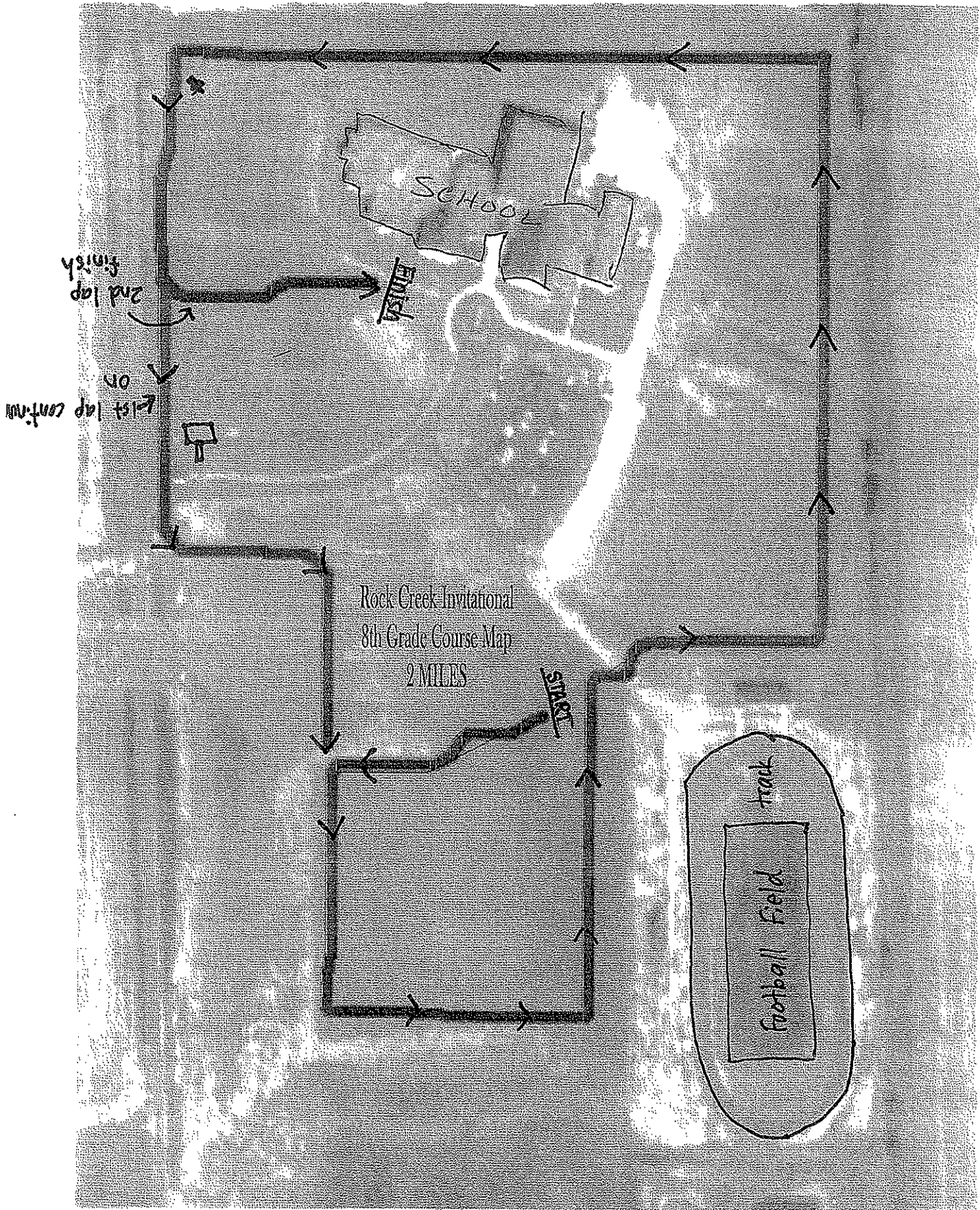
TEAM/INDIVIDUAL CROSS COUNTRY PICTURES: Now Available! Please go online to www.pec-sports.com and order the Cross Country team photos and your athlete's individual Cross Country picture.

Thanks,
Coach Jeff Pierce
Coach Christi Evans
Coach Amanda Danielson



Rock Creek Invitational
7th Grade Course Map
1 MILE





Rock Creek Invitational
8th Grade Course Map
2 MILES

FINISH

START

SCHOOL

track

Football Field

2nd lap finish

1st lap continue