

**St. Paul's
2007 Cross Country Meet Schedule**

September

Thursday 6th *PRACTICE*

Monday 10th *PRACTICE*

Thursday 13th *PRACTICE*

Mon. 17th **@ Prospect-Sierra** **4:15pm**

Thursday 20th *PRACTICE*

Tuesday 25th *PRACTICE*

Thursday 27th **@Mills College (we host this meet)** **4:15pm**

(Pick up student-athlete at Mills unless you arrange a carpool w/ another parent)

October

Monday 1st **PMS @Temescal** **4:15pm**

Thursday 4th *PRACTICE*

Mon 8th Holiday- run on your own

Thursday 11 **@Prospect-Sierra** **4:15pm**

Tuesday 16th *PRACTICE*

Thursday 18th **@ ESCS/Kennedy Grove Park)** **4:15pm**

Monday 22st **@Orinda Intermediate school** **4:15pm**

Thursday 25th *PRACTICE*

Mon. 29th **@MLK Berkeley** **4:15pm**

**** note change

November

Thursday 1st *PRACTICE*

Monday 5th 6Th grade Finals @ Prospect Sierra **4:00pm**

****We need to leave school @ 3:00

****7/8 I will find someone to practice w/ you

Wednesday 7th 7th/8th Finals @ Cesar Chavez Park, Berkeley

We need to leave school @ 3:00 **4:00pm**

Thursday 15th Team party (3:30-5:30)

Parent information:

Please check my voicemail on meet days for directions and pick up times. I am always looking for drivers to help transport our team to and from meets. Please contact me if available: 285-9621 or dmeyer@spes.org

*There are 3-4 races at each meet beginning with 6th graders. The entire meet takes approximately 1 ½ hours. Parents may pick student-athletes up at meet site or back at school.

Student-Athlete information:**Practice days:**

-Meet on the dots at 3:35pm Be on time – we have a responsibility to respect each other's time.

-If you bring a water bottle, be prepared to carry it for extended runs. We will always pass by water fountains during our practices, but extra water is always wise.

-Remember, practice is intended to prepare you for meets and make meet experiences more enjoyable.

-Wear athletic clothing appropriate for the weather

Meets:

Be dressed and ready on the dots at 3:30 sharp

Remember your uniform

Bring sweatpants/sweatshirt – You may be cold before or after your race

Bring a healthy snack – please note the word "healthy." You may need a light snack on the way to the meet and another light snack for after your race.

Bring a water bottle with water in it!!