

WARRIOR XC NEWS

XC News #1

“Success is a habit, not a single event”

Dear Parents and Athletes,

The Weber Cross-Country team has had a good start to the season. We have some great leaders and many newcomers that are becoming a big part of our team. The athletes have been working hard and we're impressed with the progress the athletes are making! We are led by an impressive group of captains. Leading the way for the girl's team are **Avalon Marker, Liz Dove, and Sammi Lee**. The boys are led by **Aniken Nielson, Garrett Minert, and Everett Scott**.

Fremont @ Weber

Our first race of the season started off with a home meet against Fremont where athletes braved a massive hill at the beginning of the race. In the boys' race, **Isaac Simmons** was our top finisher followed by **Mason Froerer, Everett Scott, Daniel Vance and Matt Pauling** rounding out our top five. In the girls, **Sammi Lee** came in first, followed by **Aniya Bobo, Jenna Lund McCady Creager, and Hannah Pope**.

There were many other good times for this early in the season. Way to go on our first race.

Pre-Region

Our first meet within our Region will be the Pre-Region race at Layton City Park across from Layton High School on Wednesday, August 29th. This is a two-mile race on about 90% grass and 10% asphalt and cement. Here are the times to be aware of:

- 1:25- Excused from class
- 1:45- Bus Leaves Weber
- 3:30- Girls JV
- 3:55- Boys JV
- 4:15- Girls Varsity
- 4:35- Boys Varsity
- 5:00- Parent Meeting

Address:

Layton Commons Park
437 North Wasatch Drive
Layton

Weber State Invitational

Our Friday meet this week will be at El Monte Golf Course in Ogden. This meet is unique because it has a Rookie race as well as a JV race. They will allow ¼ inch spikes. The course is all grass. There will be a lot of teams at this race, so **PACK IT UP** and plan on making a bunch of passes as the race goes on.

Schedule and Address

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|---------|--------------------|
| 1:10 pm | Excused from class |
| 1:30 pm | Bus leaves Weber |
| 3:00 pm | Rookie Boys |
| 3:30 pm | Rookie Girls |
| 4:00 pm | JV Boys (1A-4A) |
| 4:30 pm | JV Girls (1A-6A) |
| 5:00 pm | JV Boys (5A-6A) |
| 5:30 pm | Varsity Girls |
| 6:00 pm | Varsity Boys |

Awards will be given following each race

Address & Directions:

El Monte Golf Course
1300 Valley Drive
Ogden

Enter from the North Side of the Golf Course – off of Park Blvd by the Ogden Eccles Dinosaur Park. From 12th street, head east to Ogden Canyon. Take a right on Valley Drive and a Right on Park Blvd. The course entrance is a half a mile down on your left side (past Timbermine Steakhouse).

Things to be done:

- Pay your pay-to-play if you haven't already.
- Turn in physical/Finish online paperwork.
- Collect pledges for the run-a-thon.

A few team rules to be aware of:

- No Walking at practice or meets!!!
- Plan to be at every practice and meet!
- Don't be late for practice (starts @ 3pm)
- Plan on being to practice until 4:30.

Remaining Meet Schedule

Aug. 29	Pre-Region @ Layton City Park
Aug. 31	Weber State Invite
Sept. 6	Torch Run from Mtn. Crest
Sept. 12	City-County @ Weber Fairgrounds
Sept. 14-15	Run-A Thon
Sept. 19	Open Meet @ Antelope Island
Sept. 22	Wasatch Rendezvous
Sept. 26	Open Meet @ Davis
Sept. 28	Park City Invitational
Oct. 5	Region
Oct. 17	STATE
Dec. 1	Footlocker Western Regionals

Thanks,
Weber XC Coaches