

WARRIOR XC NEWS

XC News #5

“Success is a habit, not a single event”

Open Meet @ Nicholl's Park

Our meet at Nicholl's Park went well. It was nice and cool and an enjoyable course. It ended up being a slow course (not to mention the workouts that we've had leading up to the race) but there were a few athletes on the team that managed to get a PR anyway. They were **Courtney Giebel, Lauren Mangum, McKenly Day, Alexis Tippetts, Ambree Burggraaf, Amy Hibbard, Estelle Ardizzone, Lucas Simmone, Matteo Cabezas, Blake Whitlock, Brendon Shupe, Drake Hall, Preston Larson, Ethan Youngberg, Logan Butler, Ryker Nielson, Gibson Bailey and Jeffrey Francom.**

Region Championships

The region course will be on the same course as our Pre-Region meet. It is 3.0 miles on 90% grass at Layton Commons Park by Layton High School.

Region Meet Schedule

1:10 pm	Athletes excused from class
1:30 pm	Bus leaves Weber
3:00 pm	Girls JV
3:30 pm	Boys JV
4:00 pm	Girls Varsity
4:30 pm	Boys Varsity
5:15 pm	Awards

Address & Directions

Layton Commons
440 Lancer Lane
The park west of Layton High School

Jersey's

All athletes that are not competing in State will hand in their jerseys after they compete at Region. State athletes will turn them in after state.

State

The State Championships will be held on Wednesday October 17th at Sugarhouse Park in Salt Lake City. Spikes are recommended. This is a fun meet to watch and is spectator friendly.

Schedule

11:30 am	Excused from class
11:50 am	Bus leaves Weber
2:00 pm	6A Girls Race
3:30 pm	6A Boys Race

Directions to State

1. Merge onto **I-15 South** toward **Salt Lake City**.
2. Merge onto **I-80 E** via **EXIT 304** toward **Cheyenne**.
3. Take the **1300 East** exit, **EXIT 126**.
4. Turn **left** onto **S 1300 E / UT-181**.
5. Turn **right** onto **E 2100 S**.
6. Turn **right** into **Sugarhouse Park**

Athletes Going to State

Varsity athletes and two alternates will continue training for state once Region is over. All other athletes will join us at the state meet on Wednesday, October 17th. A bus will be provided for all athletes.

Footlocker

For those planning on going to footlocker: we need firm commitments out of each of you. It will cost around \$220 per athlete. If there are any parents interested in going, please contact Coach Ortega.

Things to be done:

-Finish turning in pledges from the run-a-thon into the bookkeeper.

Cross-Country Banquet

Tentatively, our Cross Country Banquet will be held on Tuesday, October 23rd at 6pm in the Weber High Cafeteria. Food will be provided. Athletes and their parents will eat for free. Any other guest will be charged \$5.

Remaining Meet Schedule

Oct. 5	Region
Oct. 17	STATE
Oct. 23	XC Banquet
Dec. 1	Footlocker Western Regionals

Thanks,
Weber XC Coaches