



MIHS Cross Country Starts Tomorrow

Woo hoo! XC officially begins tomorrow and we can't wait to see all registered runners at 9:00 @ Island Crest Park. If your paperwork has not been submitted yet but is ready to go, consider dropping it off at MIHS BEFORE practice and Becky LeMaster will give you a pink slip (or something similar) that can act as your ticket into practice. Conversely, if you don't have your paperwork ready yet but still plan to join the team, come to the announcement portion of practice tomorrow but we'll have to say goodbye before we start our session. It won't count as practice, but at least you'll hear the announcements, introductions etc. and grab paperwork if needed for the Retreat and Tiger Mountain.

Here's the snapshot of the first 10 days of the season:

Aug 22 - 9:00 - 11:00 @ ICP

Aug 23 - 9:00 - 10:30 @ ICP (freshmen skip practice to attend fee & photo day). 3:00 - 4:30 @ Luther Burbank for freshmen or other new to MIXC runners who want to learn the home course.

Aug 24 - Tiger Mountain 8:00 - 11:30. Buses depart MIHS at 8:00. Love the t-shirts you'll earn by running/hiking this fun side of Tiger Mountain!

Aug 25 - 9:00 - 11:00 @ ICP. 3k Time Trial day.

Aug 26 - 9:00 - 11:00 Spike "Night" in the morning at Super Jock N Jill in Redmond. Shop and then run on the Lake Sammamish Trail. Afternoon practice for those who can't attend in the morning 3:00- 4:30 @ Luther Burbank. Please make every effort to make Friday morning practice – excellent opportunity to save 15% on all shoes and apparel and a great time to buy black shorts you'll need to have for meet days.

Aug 27 (optional but encouraged) - 9:00 - 10:30 @ Newcastle Beach Park

Aug 28 REST DAY!

Aug 29 - 9:00 - 11:00 @ Luther Burbank + Athlete's Code of Conduct meeting(**MANDATORY**) @ MIHS 3:15 - 4:00

Aug 30 - 9:00 - 11:00 @ ICP

Aug 31 - First Day of School. Practice at 3:15 - 5:15 at JV Football Field

Sept 1 - Class Jamboree @ Marymoor. Must attend 8 practices to compete. Buses will leave ~2:45.

Retreat news (Sept 3-4 @ Fort Worden):

Summer runners – please bring your completed retreat forms and check to practice on Monday. We have space for 50 and will fill out the remaining spots via a lottery on August 26. Turning in paperwork saves your spot.

New runners, I will have retreat paperwork for you at practice Monday to complete by Friday, August 26. Fingers crossed there are exactly 50 runners who can go, otherwise we will have a lottery in the afternoon.

Please see Athletic.net for the meet schedule, and parents, please save August 29 @ 6:00pm for the parents meeting.

So excited for this season!! Go MIXC!

MIXC and Track Club | PO Box 1531, Mercer Island, WA 98040

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