

September 13, 2023

Dear parents:

On Saturday, September 16th, the cross-country team will be traveling to Gunnison for the Mountaineer/Cowboy Cross Country Invitational held at the Gunnison Community School/Van Tuyl Trail System. To get to the race from Montrose, drive to Gunnison and take a left onto N 11th Street and follow it to the middle school on the left. The race distance this year for middle school runners is 3000 meters. The top 12 boys and girls will all receive ribbons. The bus leaves Saturday morning from in front of Columbine Middle School at 6:15 a.m. Please plan to have your child at Columbine by 6:05 a.m. so we can leave on time. The actual meet schedule is listed below. Following the conclusion of the middle school portion of the meet (this is also a high school and college meet), we will head home (assuming they don't make us wait until 12:30 for the awards ceremony). All runners must ride the bus up with the team. However, if you would like to take your child back from Gunnison, you just need to check out with one of the coaches when you are ready to leave. **Runners may not leave with other non-custodial adults unless prior arrangements have been made with the school office.**

Runners need to bring their shorts/sweats, uniform, water, snacks, and possibly a coat depending on the weather. It should be sunny and nice at the meet, however, when we arrive it will be about 40 degrees so dress accordingly.

Sincerely,

Coach Perfors
Coach Miller
Coach Hardie

MEET SCHEDULE

8:00	Check In and Course Preview
9:00	Boys Middle School
9:30	Girls Middle School
10:00	College Men 8k
10:45	College Women 5k
11:15	High School Boy's 5k
11:45	High School Girl's 5k
12:30	Awards for College and HS