

October 2, 2023

Dear parents:

On Wednesday, October 4, the cross-country team will be traveling to Cerise Park in Montrose for the 2<sup>nd</sup> annual Montrose Middle School Cross Country Invitational. The race distance this year for middle school runners is 1.6 miles. Runners will be dismissed from their classes on Wednesday morning. Columbine runners will be picked up at 10:30 a.m. from the CMS bus loop, while Centennial runners will be picked up at 10:40 a.m. from in front of CTMS. The actual meet schedule is listed below. Following the conclusion of the awards ceremony, athletes will return to their respective schools. All runners must ride the bus up with the team. However, if you would like to take your child back from Cerise Park, 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 will be turning in their bright green uniforms after the conclusion of the awards ceremony. Please bring an extra shirt to wear for the rest of the day and please do not leave until the conclusion of the awards ceremony so we can collect all of the uniforms.**

Runners need to bring their shorts/sweats, uniform, water, snacks, and possibly a coat depending on the weather. A blanket might be nice to put down on the grass as well. It is also expected that all runners will make arrangements ahead of time with their teachers to stay caught up in any classes they'll be missing.

**MEET SCHEDULE**

11:00 Course check in  
12:00 MS Girls Race  
12:30 MS Boys Race

Awards will follow

Sincerely,

Coach Perfors  
Coach Miller  
Coach Hardie