

September 18, 2023

Dear Parents:

On Friday, September 22<sup>nd</sup>, the cross-country team will be traveling to the Delta Sweitzer Lake Invitational held at Sweitzer Lake State Park just off Highway 50 south of Delta. To get there take the E Road turnoff just outside of Delta as you drive up from Montrose. Follow E Road to Sweitzer Lake State Park. **Please note that there is a fee to get into the park.** The bus will pick up all CTMS runners at the Centennial bus loop at 9:15am. The bus will then pick up all CMS runners at the CMS bus loop around 9:30am. At the conclusion of the meet runners will be dropped off at both schools as well.

The actual meet schedule is listed below. Following the conclusion of the meet, we will eat lunch and return to Montrose. All runners must ride the bus up with the team. However, if you would like to take your child back from Delta, 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. Additionally, runners will need to provide their own money and/or food for lunch after the meet.

**MEET SCHEDULE**

9:00	Check in
10:00	HS Girls
10:45	HS Boys
11:30	Middle School Girls
12:00	Middle School Boys

Sincerely,

Coach Perfors  
Coach Miller  
Coach Hardie