

| Day  |       | Time Schedule / Workouts / Events  |
|--|-------|--|
| <b>Monday: Lefty Wright @ Bassett Creek Park</b><br><b>*Varsity 7 will practice at Bassett Creek – leave after school and meet us there.</b> | 10/25 | 1:40pm: 9 <sup>th</sup> Grade racers excused from class – bus leaves at 1:55.<br>2:40pm: 10-12 <sup>th</sup> Grade racers excused from class – bus leaves at 3:00.<br>4:00pm: 9 <sup>th</sup> Grade Race<br>4:55pm: 10 <sup>th</sup> Grade Race<br>5:15pm: 11-12 <sup>th</sup> Grade Race<br>*All athletes should stay for the conclusion of the 11/12 <sup>th</sup> race. |
| <b>Tuesday: UNIFORM TURN-IN</b>  | 10/26 | <b>3:15pm: UNIFORM TURN-IN for all athletes NOT in the top 9. IF you plan on continuing to train with through the State Meet and/or NXR, bring \$10 cash to get a winter lock from Mr. Waite.</b><br>3:30pm: Varsity 9 Meet for pre-meet run.  |
| <b>Wednesday: Section 6AAA</b><br><b>*No JV practice – you can run light on your own.</b>  | 10/27 | 1:35pm: Dismissal for “Conference 13”<br>1:50pm: Bus leaves for the Section 6AAA Meet @ Gale Woods<br>3:40pm: Race<br>3:56pm: Race over<br>5:05pm: Awards  |
| <b>Thursday</b>  | 10/28 | 3:30pm: Varsity Recover, JV Longer + Tempo OR Threshold  |
| <b>Friday</b>  | 10/29 | 3:30pm: Medium   |
| <b>Saturday</b>  | 10/30 | 3:30pm: Practice @ CMS. Varsity and JV workout!  |
| <b>Sunday</b>  | 10/31 | OFF  |

- **LEFTY WRIGHT:** This is the last official race of the year for the majority of you. Make sure you are as ready as you can be! Medals are awarded to the top 25 finishers in each race! There are 30 or so JV teams that are attending, so that means lots of guys to compete against for everyone.
  - **9<sup>th</sup> Grade:** We are looking up at a really good Minnetonka and Edina team, at least judging by the Conference Meet. We have a great chance to beat EP for 3<sup>rd</sup> overall, and a number of you are looking to break 19:00 or 20:00 for the first time! Be ready to run well and set the tone for the rest of the squad.
  - **10<sup>th</sup> Grade:** If we combine 9/10 results (which we will for interest), we do have a shot at being the best overall 9/10 team. That means we need our 2-5 in the race to really step up! Like in the 9<sup>th</sup> grade race, we should be ready to hit some new personal milestones.
  - **11/12<sup>th</sup> Grade:** A clean sweep 1-7 would be awesome. It's going to be tight, but it should be doable. For some of our seniors, this is the last XC race of their Wayzata careers, and potentially the last XC race of their lives. Focus up and close the day down for us in style—let's get some PRs and hardware!
- **WEATHER:** It's going to get cold. **MAKE SURE YOU DRESS FOR THE WEATHER ON MEET DAYS AND AT PRACTICE.** Remember what Coach Hansen's dad says: “You can always take it off, but you can't put it on.”
- **STAY FOCUSED:** Control what you can control for the other 22 hours per day, especially schoolwork, eating, and sleeping.

**Next Week:** Hopefully, we are represented at the State Meet in the AAA division. If that happens, the race will go at 9:30am on the campus of St. Olaf. For everyone else, we are looking at a normal week of training with a potential time trial for NXR-ers, depending on the weather.