

Day		Time Schedule / Workouts / Events
<b>Monday</b> *Varsity 9 meet at 3:45, Luce Line for practice.	11/1	3:30pm: Varsity Medium/Long with tempo; NXR trainers Medium
<b>Tuesday</b>	11/2	3:30pm: Varsity Medium, NXR workout
<b>Wednesday</b>	11/3	3:30pm: Varsity 300s, NXR Medium
<b>Thursday</b>	11/4	3:30pm: Varsity Medium, NXR pre-meet
<b>Friday</b> *Time Trial guys, wear appropriate warm-up gear!	11/5	3:15pm: Varsity 9 meet in C314, followed by pre-meet 4:10pm: 1600m Time Trial 4:18pm: 3200m Time Trial
<b>Saturday</b> *Friday low is forecasted to be in the low 30s.	11/6	7:00am: Bus leaves for St. Olaf with Varsity 13. Other athletes, talk to Coach Ras if you would like to ride the bus with the team. 9:30am: Boys AAA State Championship 9:46am: Race over, get that cooldown train moving! 10:30am: Girls AAA State Championship 11:15am: AAA Awards 12:45pm: Bus arrives at HS.
<b>Sunday</b>	11/7	OFF

- **STATE MEET:** Varsity 9, pay attention to the schedule this week. We will talk race approach and strategy on Friday afternoon, so you don't need to worry about that during the week. If the forecast holds, it is going to be a beautiful morning out at St. Olaf. If it changes for the worse, no big deal – everyone has the same conditions.
- **STAY FOCUSED:** Control what you can control for the other 22 hours per day, especially schoolwork, eating, and sleeping.
- **WEATHER:** It's going to get cold. MAKE SURE YOU DRESS FOR THE WEATHER ON MEET DAYS AND AT PRACTICE.
- **LEFTY WRIGHT:** We had 19 guys bring home a medal from finishing in the top 25 in their division! This included an 11/12 race that really had a great approach to the day: they took care of their warm-up and arrived at the line focused and ready, they then swept the top 5 spots in the races, and all but two of them finished in the top half of their division. 9<sup>th</sup> and 10<sup>th</sup> graders, that approach is something to aspire to! All in all, it was a nice close to our regular season, and the coaches were proud of how you guys improved in all respects over the season.
- **FRIDAY'S TIME TRIAL:** This is for the athletes who have continued to train with the team. We will gauge interest in the 1600 and 3200 as the week goes and will set heats after Wednesday's practice.

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**Next Week:** Those of you training for NXR will have a week to go. That is under the umbrella of the Wayzata XC Club, so this is our last newsletter of the year.

CONGRATS to Cheyenne Mountain, Colorado! Their coach, Sean O'Day, is an alumni and member of Wayzata's FIRST State Championship team in the '90s. Sean's team is currently ranked #2 in the country, and absolutely dominated the 4A boys race yesterday; the field included the #3 national team, Niwot. [RESULTS](#)