

Cheyenne Mountain XC



**Week of
September 13th-19th, 2021**

[CMHS Cross Country Website](#)

Last Week:

[Liberty Bell Invitational Results](#) - [CMHS XC History at Liberty Bell](#) - [Photo Uploader](#)

What a phenomenal day and week for the Red Tailed Hawks! Many steps were taken in respect to becoming a *team*. Everywhere we looked, all we saw were people taking care of people, and it was awesome.

This Week:

Check our website for the [Parent Photo Uploader](#) - if you have taken any pictures at the meets that you feel are share-worthy, click a couple of clicks and we'll get some of them on the website. It's easy to use!

Unfortunately, the Peyton meet originally scheduled for next week has been cancelled. The original purpose for going to the Peyton invite was to give our C team an appropriate timed race experience. Because of this, we were able to add the Kadet Invite to our schedule and will take a small crew up to the Air Academy HS on Saturday. C kids will still get to race the following weekend at the Cougar Classic, but the open race is not timed.

For many of our Varsity and JV kids, we will be getting back to work this week.

Monday - on the track. Just a touch of some fast stuff! Bring spikes if you have them.

Tuesday/Wednesday - recovery days.






















Thursday - workout day. Also picture day. Bring:

- white and gray top for all
- gray shorts for guys
- maroon short for girls
- Bring white hoodie/black bottoms

Friday - recovery day.

Saturday - Kadet Invitational for some of the C team. Practice at TBD for everyone else.

- 8:00AM - Bus leaves CMHS
- Entries - * denotes we'll talk
- 9:40AM - Boys Division 1 - Knox*, Cedar*, Jack*, Michael, Jacob, Will
- 10:20AM - Girls Division 2 - all healthy girls who did not race in the Liberty Bell "A" and "B" races
- 11:00AM - Boys Division 2 - Dante, Trevor, Evan, Kai, and all freshmen
- 12:00PM - Awards
- ~1:30PM - Bus returns to CMHS

Mon 13	89° / 55°		Mostly Sunny	 15%	 NW 9 mph
Tue 14	77° / 51°		PM Thunderstorms	 59%	 ESE 10 mph
Wed 15	84° / 55°		Sunny	 4%	 SSE 13 mph
Thu 16	89° / 57°		Mostly Sunny	 0%	 SW 10 mph
Fri 17	88° / 55°		Sunny	 0%	 WSW 12 mph
Sat 18	88° / 55°		Mostly Sunny	 0%	 WSW 10 mph
Sun 19	90° / 53°		Mostly Sunny	 1%	 WSW 12 mph

Next Week:

Varsity runs at the Desert Twilight in Phoenix on Friday night.
JV - 9 runners - will run Varsity at the Cougar Classic on Thursday.
Everyone else will run in the Open race at the Cougar Classic.