

Greater Flint Cross

Country Championships

Saturday is the first meet in our championship season!!!! The weather looks good and we have an opportunity against very great competition. Many of the best teams in the state will be at the meet to race on a fast course. The bus leaves early in the morning. Make sure you pack the night before and get there on time and quickly get the bus loaded (do your part to help). Please check the meet schedule below so that you know when and where you are racing at the meet. Time to learn from your previous race and chip away at your best time. Please let us know if you have any questions.

What to bring?	Important Meet Facts	Time Schedule
<u>Uniform:</u> On when you get to the bus	First event of the meet is at 9:00. Our first race is at 9:00.	Arrive at the DHS Stadium: 6:45 A.M. SHARP.
\$\$\$ for T-shirt or snacks (there will be food trucks on-site)	The top 8 boys and girls will race in the varsity race, and the remaining in the JV race.	Bus leaves School: 7:00 A.M.
Running shoes/Spikes and an extra pair of socks	Varsity Girls — 9:00 AM Varsity Boys — 9:30 AM JV Girls — 10:00 AM JV Boys — 10:40 AM	Arrive at Meet: 7:30 AM
Food: ex: bagels, bananas, fruit, water, and Gatorade	Admission is \$5 per person collected at the gate. Lines can be long due to the number of people arriving.	Leave Meet: 2:30 PM (After the middle school races)
Extras: sweatshirt/long sleeve shirt, running pants/sweat pants, extra water, bug spray	Cummings Center 6130 E Mt Morris Rd. Mt Morris, MI 48458	Arrive at DHS: 3:00 PM



