

2013 DXC Meet Information

Dear Parents

Here are the details for our X-country meet this week.

Meet: Joe Vigil Cross Country Meet

Date: Saturday September 7th, 2013.

Team: Entire DXC team

PLEASE NOTE: Due to a severe allergy to peanuts for one of our athletes, we are as of now a PEANUT FREE TEAM!

Location: Cattails Golf Course,
6615 N River Rd, Alamosa, CO 81101
Phone:(719) 589-9515

Accommodation: Camping at CG; Coach Mac's cell # (435) 849-0815

Travel Plans: We will be travelling by school bus to and from the meet. Depart 12-noon Friday September 6th. Set up camp and do pre-meet at GC. Dinner at 7:00pm at Bistro Rialto, Main Street Alamosa. Return to DHS approximately 4pm on Saturday.

Race Schedule: The following is our race schedule:

- 9:25 a.m. High School Girls (5K)
- 10 a.m.High School Boys (5K)
- 10:30 a.m.College/Open Women (5K)
- 11 a.m.College/Open Men (8K)
- 11:30 a.m. Awards Ceremony (All Races)

ALL Parents are invited to participate with coaches in the open races!!

Invitation: ALL parents are invited to attend the meet with us.

Costs: Please send about \$20-30/day for meals.

Snacks: Please ensure that your runner has healthy snacks for pre-meet travel and bus travel. We may stop to re-supply, but this is not guaranteed.

Bags: Given the size of our team, please limit bags to one/runner with a small backpack with work schoolwork. Other accessories are limited to VERY small pillows!

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Study Session: We will be holding a study and tutoring session on Friday afternoon on the bus ride.

Equipment/Clothing/Schoolwork – bring the following:

- Red fleece top and black sweats (we travel in these so wear them on the bus)
- Racing uniform (singlet and shorts)
- Running shoes and racing spikes (if you have...although not essential for younger runners)
- Casual sweats/clothes to wear in hotel
- Durango smart/casual attire for dinner
- School work books/homework
- Toiletries/underwear, etc./sunscreen
- Change of running clothes for morning runs (including socks!!)
- Health snacks (NO PEANUTS)