

Ford Boys and Girls Cross Country 2007 Schedule

Date	Day	Site
Nov 8	Thursday	Allen @ Celebration Park
Nov 13	Tuesday	Lovejoy
Nov 27	Tuesday	Rockwall @ Harry Myers Park, 815 E. Washington, Rockwall 75087
Dec 4	Tuesday	Wylie @ Wylie HS, 2550 W FM 544, Wylie 75098
Dec 11	Tuesday	District- Allen @ Celebration Park

- Running divisions: 7th Girls, 7th Boys, 8th Girls, 8th Boys
- Running Order: 7 B @ 4:15 pm, 7 G @ 4:30 pm, 8 B @ 4:45 pm, 8 G @ 5:00 pm

Cross Country season is starting up and we are glad to have your child on the team. There are no cuts in Cross Country, so every athlete gets to run. But athletes **MUST** work hard practice in order to run in the meets. Every athlete must give to me a physical and a consent card in order to participate.

Practices will be held after school. After school athletes will get dressed in the Field House. Practice will last until 4:45. Parents need to pick up their child at the Field House after practice between 4:45 to 5:00. *If you cannot pick up your child by 5:00, please make arrangements.* Be prepared for cold weather so dress in layers. You can wear sweats, hats, hoodies, toboggans, gloves, sweatshirts, under armor, t-shirts... Your running shoes should be shoes that can be worn on grass and natural surfaces, concrete and on an all-purpose tracks (no spikes needed).

On meet day, runners will be given running shorts and tank tops to wear and a set of school sweats. Those must be turned in the day after the meets. *Parents please do not wash these items.* Athletes will ride to the meet on the team bus from school.

After the meet, runners will be bused back to the Athletic Field House to be picked up by their parents. If you want your child to ride home with you, please let the coach know at the meet. Runners will be allowed to leave after their race is finished

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If you have any questions or concerns please contact Coach Arledge:

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