

Ft. Morgan Invite

Sept 17th

Varsity Girls 4pm

Varsity Boys 4:30

Open Boys 5:00

Open Girls 5:05

Times/Approximate

Directions: The course is located at Riverside Park, just north of Exit 80 on I-76. Take 470 to I-76 and go east. Take Exit 80 and turn north (left). The park will be on the right.

Be prepared for a long bus ride, and bring backpacks/homework with you.

The top 15 varsity runners will receive medals. 16-25 ribbons. The open racers will receive awards for the top 10.

Glenwood: Coaches will make a determination after the results from this meet on who will run at the Glenwood Invite. Athletes who run in the top 7 and/or have been consistent with practices, attendance, effort will be named to the Glenwood team. All runners who make the Glenwood team will need to complete the required paperwork, as we will leave on Friday afternoon and race on Saturday.

To avoid any confusion, please remember that our top 7 runners from the Ft. Morgan race will help us decide on the team for Glenwood. HOWEVER: The final decision will be based on many factors and the coaches will make the final decision based on criteria above. Everyone will know for sure on our bus ride home from Ft. Morgan.

All runners not competing at the Glenwood race, will race at the Chatfield Invite on Tuesday 9/21

There will be a bus for the Chatfield race (both ways)

We will carpool to Glenwood Springs for the runners racing at the Glenwood Meet. Look for details on our website and email. The travel forms are already on the CC website under "Travel Forms"

Any questions, please let me know.

Coach Miller

Coach Peterson