

Itinerary for Nike Preview Cross Country Meet

Friday, September 10, 2021 - 10:40AM - Excused from class

11:00AM - Charter Bus departs for Sioux Falls, South Dakota from MHS Pagel Center

4:00PM - Arrival, check into Staybridge Suites Hotel

5:00PM - Jog course at Yankton Trails Park

6:00PM - Dinner at Olive Garden

9:30PM - Lights out

Saturday, September 11

7:30AM - Breakfast in hotel lobby

10:30AM - Varsity Race (Gillis, Westerlund, Thomas, Downin, Fellner, Barry, Pederson)

12:00PM - JV Race (Brandt, Chalmers, Cassidy, Stefanowicz, Wilkey, Tirfe, Callinan, Siegwart, Chose, Fair)

1:00PM - Awards

2:00PM - Depart for home (stop to eat at Subway- bring your own money)

7:00PM - Arrive back at MHS

What to bring - Filled out and signed permission slip, race uniform/warmups, spikes, running shoes, change of clothes, game face, healthy snacks, drinks, lunch money for way back, healthy bag lunch for Friday's bus ride.

Contact Number's

Coach Renlund's cell number - 952-217-3731

Staybridge Suites number - 605-361-2298