

Fort Collins High School Cross Country 2016

Principal: Mark Eversole

Athletic Director: Skip Caddoo

Coaches: Conrad Crist, Chris Suppes, Craig Luckasen, Brett Fedor, Pete Thrasher

Pre-Summer Athletes Meeting: Tuesday, May 24th at 3:00p in Room L113, for all athletes to receive their summer workout packets.

Summer Practices for all runners: Mondays at 7:00 pm at Edora Park, beginning June 6th, Wednesdays at 6:00 am meet at Spring Canyon Park beginning June 8th; Fridays: Horsetooth Rock Runs...meet at FCCHS parking lot at 6:00 am to carpool to the mountains, beginning June 10th.

Follett Camp for Elite Runners: July 14th thru July 16th at the Follett Ranch in North Park, Colorado.

Team Camp: At FCCHS track: Daily at 7:00 am, from Monday, August 8th through Friday, August 12th (except Wednesday, which will be at Spring Canyon Park at 6 am). Saturday, August 13th: Team Race

Fall Practice: The first official practice is Monday, August 15th. All required paperwork must be turned into the main office in order for you to practice. No white card, no practice. Practice Monday and Tuesday will be at 7:00 am at the FCCHS track. Wednesday through the rest of the season will be at 3:10 pm at the track.

Parent Meeting: Tuesday, August 16th, at 6:00 pm in the FCCHS Commons.

<u>Date</u>	<u>Event</u>	<u>Place</u>	<u>Time</u>
Friday, Aug 26	Cherry Creek Invite	Cherry Creek Reservoir	4:00 pm
Friday, Sept 2	Horizon Invite	Adams County Fairgrounds	2:00 pm
Friday, Sept 9	Liberty Bell Invite	Heritage HS, Littleton	4:00 pm
Friday, Sept 16	John Martin Invite	FCCHS	4:00 pm
Friday, Sept 23	Sweetheart	Loveland HS	4:00 pm
Saturday, Oct 1	SaberCat Invite	Fossil Ridge HS	9:00 am
Saturday, Oct 1	Mtn. Vista/Metro State Invite	Washington Park	9:00 am
Friday, Oct 7	TBA		
Friday, Oct 14	Conference Meet	Northwest Open Space	3:00 pm
Friday, Oct 21	Regional Meet (Varsity)	Spring Canyon Park	4:00p
Saturday, Oct 29	State Championship (Varsity)	Penrose Equestrian Center Colorado Springs	12:00pm
Tuesday Nov 1	Letter Awards	FCCHS Commons	6:00 pm
<u>Post Season:</u>			
Saturday, Nov 19	NXN Southwest	Regionals-Mesa, Arizona	
Saturday, Nov 26	Footlocker MW	Regionals-Kenosha, Wisconsin	
Saturday, Dec 3	NXN Nationals	Portland, Oregon	
Saturday, Dec 10	Footlocker Nationals	San Diego, California	