

Fort Collins High School Cross Country 2011

Principal: Mark Eversole

Athletic Director: Rob Larson

Coaches: Chris Suppes, Conrad Crist, Lisa Paiva-Walz, Pete Thrasher, Miranda Benzel, Craig Luckasen

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

Follett Camp for Elite Runners: July 7th thru July 9th at the Follett Ranch in North Park, Colorado.

Team Camp: At FCHS: Daily at 7:00 am, from Monday, August 8th through Friday, August 12th.

The team will run in The Rat Race: Ault, Co. on **Saturday, August 13th** at 7:30 am.

Fall Practice: The first practice is **Monday, August 15th**. All practices the first week will be at 7:00 am at the FCHS track. All required paperwork must be turned into the main office. **The first day of school is Monday, August 22nd**. **Practices will then be held daily at 3:10 pm.**

Parent Meeting: There will be a parent meeting on **Wednesday, August 25th**, starting at **6:30 pm** in the McNeal Auditorium at FCHS, followed by a Cross Country meeting in the Small Gym at 7:00 pm.

Date	Event	Place	Time
Friday, Sept. 2	Arapahoe Warrior Invite (JV, V)	deKoevend Park Littleton	4:00 pm
Monday, Sept. 5	Volunteer Work at Colorado Run	CSU	6:45 am
Friday, Sept 9	Cherry Creek Invite (JV,V)	Cherry Creek Reservoir	4:00 pm
Friday, Sept 16	Liberty Bell Invite (JV,V)	Heritage HS, Littleton	4:00 pm
Friday, Sept 23	John Martin Invite (JV,V)	FCHS	4:00 pm
Friday, Sept 30	Sweetheart Invite	Loveland High School	4:00 pm
Saturday, Oct 1	Titan Thunder Invite (V)	Fountain Creek Regional Park, Colorado Springs	9:00 am
Tuesday, Oct 4	Dakota Ridge Invite (JV, V)	Dakota Ridge High School	4:00 pm
Friday, Oct 14	Conference Meet (JV, V)	TBA	3:00 pm
Friday, Oct 21	Regional Meet (Varsity Only)	TBA	3:00 pm
Saturday, Oct 29	State Championship (V) (Varsity Only)	Arap. Cty. Fairgrounds	9:30am
Wednesday, Nov 2	Letter Awards	FCHS Commons	7:00 pm
Saturday, TBA	Nike Team Nationals	Regionals—TBA	
Saturday, TBA	Nike Team Nationals	Portland, Oregon	