

Cross Country Runners,

This Friday is our **SECOND** meet! We run in the morning again. Everyone is invited to run again...think of it as an opportunity to do better than you did last Friday, or to make changes to your race strategy. The top 4 runners from each race from last Friday and the top 4 runners from this Friday will move on to the next meet.

On Friday:

- dress in layers
- bring water
- wear appropriate running shoes