

**ROCK ISLAND CROSS COUNTRY INVITE
THURSDAY, SEPTEMBER 20, 2018**

Temp: 90 Degrees will be the daytime High

Excused from class at 2:10 pm

DEPART MHS @ 2:35 PM

LOCATION: Saukie Golf Course

HS Boys: Alleman, Bettendorf, Davenport Central, Davenport West, Geneseo, Moline, RI

HS Girl: Alleman, Davenport Central, Davenport West, Geneseo, Moline, RI

4:30 - Junior High Boys & Girls

5:00 - HS Girls: V & FS combined race

VG - Lylia, Emily, Maddie, Grace V, Lily, Grace S, Abby D, Deborah, Nina

FSG - Miranda, Arianna, Gracie N, Moriah

5:30 - HS Boys: V & FS combined race

VB - Jackson, Tim, Nikola, Jon, Nik, Bryce, Spencer, Sam, Michael, Barak, Emilio, Tristan, Mohtadi, Steven, Jonathan C, Adam, Chance, Enrique

FSB - Aidan, Austin, Tyler, Thomas, Alex D, Owen, Nolan, Jon C, Edwin, Alex W, Zach? Alan V? Cruz?

Awards: 1st, 2nd, and 3rd place trophies for the varsity and fs teams.
Medals awarded to the Top 20 V & FS

Timers: *Katie, Bailey, Ali, Kiliagh, Chase, Trae, Alex N*

Cool Down 15 Min "Varsity"

Cool Down 10 Min "FS"

Friday - Varsity 50 Min Run & FS/JV 30 Min Run

Sat: 8AM @ Wharton