



East High Athletics Trip Itinerary

Sport:	Cross Country	Date(s):	9/4/20 Friday
Departure Time:	9:20 AM East West Lot	Coaches' Cell Number(s):	
Return Time:	2:00 PM East West Lot	Coach Becky Fournier	307-214-2835
Contest:	Burns Invitational Burns High School 524 E. 4th St, Burns, WY	Hotel Name:	
Dismissed From Class:	9:09 AM	Hotel Address:	

Detailed Itinerary:

Friday

9:20 AM Bus departs
10:00 AM Arrive at meet
11:00 AM Girls JV Race
11:30 AM Boys JV Race
12:00 PM Girls Varsity Race
12:30 PM Boys Varsity Race
1:30 PM Depart from meet
2:00 PM Arrive at East

What to Bring

UNIFORM, RUNNING SHOES, RACING SHOES
LUNCH
LOTS OF WATER
PRE and POST RACE SNACKS
WARM CLOTHES/RAIN GEAR
SUNSCREEN

