



East High Athletics Trip Itinerary

Sport:	Cross Country	Date(s):	9/5/20 Saturday
Departure Time:	7:00 AM East West Lot	Coaches' Cell Number(s):	
Return Time:	2:30 PM East West Lot	Coach Becky Fournier	307-214-2835
Contest:	Douglas River Run Douglas Middle School 801 W. Richards St., Douglas, WY	Hotel Name:	
Dismissed From Class:	N/A	Hotel Address:	

Detailed Itinerary:

Saturday

7:00 AM Bus departs
9:00 AM Arrive at meet
10:30 AM Girls Varsity Race
11:30 AM Boys Varsity Race
12:30 PM Depart from meet
2:30 PM Arrive at East

What to Bring

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

