



East High Athletics Trip Itinerary

Sport:	Cross Country	Date(s):	9/18/20 Friday
Departure Time:	8:45 AM East West Lot	Coaches' Cell Number(s):	
Return Time:	1:30 PM East West Lot	Coach Becky Fournier	307-214-2835
Contest:	Cheyenne Invite North Park 3200 Mynear St.	Hotel Name:	
Dismissed From Class:	8:30 AM	Hotel Address:	

Detailed Itinerary:

Friday

8:45 AM Bus departs
9:00 AM Arrive at meet
10:00 AM Girls Varsity Race
10:45 AM Boys Varsity Race
11:30 AM Varsity athletes depart from meet on bus
11:45 AM Varsity athletes arrive at East
11:30 AM Girls JV Race
12:15 PM Boys Varsity Race
1:15 PM JV athletes depart meet on bus
1:30 PM JV athletes arrive at East

What to Bring

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

