



East High Athletics Trip Itinerary

Sport:	Cross Country	Date(s):	10/2/20 Friday
Departure Time:	9:30 AM EHS West Lot	Coaches' Cell Number(s):	
Return Time:	4:00 PM EHS West Lot	Coach Becky Fournier	307-214-2835
Contest:	Wheatland Invitational Lewis Park, Wheatland, WY 200 Block of 8th St.	Hotel Name:	
Dismissed From Class:	9:09 AM	Hotel Address:	

Detailed Itinerary:

Friday

9:30 AM Bus departs
10:30 AM Arrive at meet
12:00 PM Boys Varsity Race
12:30 PM Girls Varsity Race
1:00 PM JV Boys Race
1:30 PM JV Girls Race
2:30 PM Depart from meet
3:30 PM Arrive at East

What to Bring

UNIFORM, RUNNING SHOES, RACING SHOES, MASK
LUNCH
LOTS OF WATER
SNACKS
WARM CLOTHES/RAIN GEAR
SUNSCREEN
FOOD FOR AFTER RACE

