

# Week of Silverwood Trip Meridian High XC



What do I need to know???

1. You cannot go unless you have done the fundraising and we have the Jog-a-thon money by Friday morning.

2. My contact information for questions that are not answered by this sheet.

Rusty— 208-968-3141 Home #

Coach Liz- 570-977-8854 Cell #

Cindy McCrea—

3. When are we leaving? Be at the school by 5:50 on Friday. All people not there by the time the bus leaves will be left behind.

4. Where are we staying? Timberlake HS in the Gym. 5303 Hwy 54. Spirit Lake ID

5. What should I bring?

\* sleeping bag

\* Pillow

\* jersey/warmups

\* food

\*a share item

\*shower items

\*\$18 for Silverwood

\*emergency money

6. Who are the chaperones?

Coaches: Rusty, Brice, Liz, and Cindy  
and Mr. Brown, Mrs. Naho, and Mrs. Phillips.

7. What is the school providing?

\*Transport \*Dinner Friday \*Fruit and Bagel Breakfast sat

\*All other food is up to you to get yourself.

8. Race times:

8:30— JV boys 9:00 JV girls 9:40 varsity boys 10:10 varsity girls.

9. When will we be home... we are leaving at about 9:00 pm on Saturday night, so be prepared for an early pickup. A little before 6AM.

10. If you are not packing lunches and extra food bring at least 30\$ and that should cover silverwood entrance and your meal money.

11. Get ready to race.