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 mrsbutler2006.com for  
 STMS Cross Country  
 updates.

## 2010—2011 South Tahoe Middle School Cross Country Running



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### Fall Schedule

Date	Location	Dismissal Time	Bus Leaves STMS	Meet Time	Return STMS
9/10/10	Centennial Park	12:15	12:30	3:00	5:15
9/17/10	North Tahoe	11:00	11:15	2:00	4:30
9/24/10	Incline	11:30	11:45	2:00	4:15
10/1/10	South Tahoe High School	12:00	12:15	2:00	No Bus—parents pick up at STHS 4:00
10/8/10	Pau Wa Lu	12:20	12:30	3:00	5:15
10/14/10	Kahle Community Center- Championships	12:00	12:15	2:00	TBA

## Important Information

1. Practice is Monday thru Thursday from 2:05 until

**Collaboration day schedule 1:05—2:30.** Please make sure your parent picks you up promptly at the track. Coaches cannot leave runners alone to wait for parents, so if your parent is frequently late picking you up, you may be dropped from the team. Please talk to us if this is a problem so we can make other arrangements for you.

2. Before you can participate at a meet with our

including a physical filled out and turned in.

3. If you are going to miss a practice, please bring a

expect at practice. If you miss two practices in one week, you are not eligible to race that week. Make sure you bring a note for any missed practices when you return.

return times are listed on the fall schedule. We will call from the bus when we get close to the school to let parents know when to meet us at the bus drop-off area. We will need you to pick up your runner from the STHS meet.

5. All runners are expected to ride the bus to the meet. After a meet you can only drive your own child home. In order to drive another runner home,

emergency card with your name on it. There are no

athletes are accounted for.

6. Please do not leave the meet until all of the races are over. We are a team and we need to be there to cheer for and support each other.

information online before every meet with more specific information.

8. Parent volunteers are welcome to run with us. We also need volunteers to help with our banquet, passing out uniforms, collecting uniforms, and our home meet at South Tahoe High School.

environmentally and economically friendly, instead of handing out weekly fliers, we will be posting all

[mrsbutler2006.com](http://mrsbutler2006.com). If you would prefer a hard copy, please let us know.