

MHS CC Newsletter for the week of September 13-19

Midway Meet: Congrats to Reeve Tarter for his 2nd place finish! Great race! Several other medalists also - Anna Posey and Ellie Hammond in the girls varsity, Aaron Powers and Isaac Lehman in the boys varsity. JV medalists included Rylie Degeer, Abby King, Rachel Davenport, and Kimi Clendennen for the girls, Christian Neal and Luka Bernal for the guys. **33 days to district!**

We have the district meet start times officially now - Thursday October 14, Lynn Creek Park Grand Prairie (same location as last year).

Varsity girls - 8:30 am, Varsity boys 9:00 am

JV girls 10:30 am, JV boys 11:00 am.

This week's schedule: (Mon-Thurs. 6:10-7:15 am):

Monday - MHS 8 acres - recovery run with surges.

Tuesday - MHS 8 acres - tempo 1200's - try to do one more than you do 2 weeks ago. 1st period lifts after run.

Wednesday - Hewitt Elementary - long recovery run.

Thursday - MHS track - 800 intervals - close to race pace. 1st period lifts after run.

Friday - Rest day.

Saturday - Bus leaves at 5:30 am for Ennis. Meet Details below.

We still would like someone to host a pasta party on September 21 - a big thanks to the Neals for last Tuesday, and the Dooleys and Tarters for hosting October 5 and 12. If you think you can, let me know.

Ennis Lions Den Invitational

Saturday, September 18

Ennis High School

2301 Ensign Road, Ennis 75119

Bus leaves at 5:30 am, and will be back about 2:00 pm. We will feed them lunch after the meet.

Directions: North on I-35 to Hillsboro, I-35W towards Dallas. Exit Derr's Chapel Rd (exit #384). Take a right on 34, 20 miles to Ennis. High school will be on your right. *Approximately 80 miles, 1:35 bus driving time.*

Meet Schedule

8:00 am Varsity Girls - 5K

8:30 am Varsity Boys - 5K

9:00 am Small school varsity girls - 2 miles

9:25 am Small school varsity boys - 5K

9:55 am JV Girls - 2 miles

10:20 am JV Boys - 5K

Awards: Top team gets plaque, top 10 individuals get medals.
