

MT SAC Logistics

Who? 8th grade SEMS cross country runners!

What? Mt. Sac. Cross Country Invitational – The largest cross country race in the world!

Where? 1100 N Grand Ave., Walnut, CA, 91789

When? Friday October 18, 2019

Why? The Mt. Sac Experience is like no other!

How? Our 8th grade team will take a school bus, which departs from SEMS after 2nd period

Specifics:

-Students will attend 1st and 2nd period on Friday, October 18th, put their uniform on in the locker room, and then head to the front drop off area to load the bus at 10 a.m. We are estimating a 7:30 p.m. return time to SEMS, but will have runners communicate with their parents on our way back.

-Runners are responsible for bringing a lunch, additional snacks, and water. Although food will be available at the race, it will likely be concession stand food and students won't have a lot of time to stand in those lines and eat prior to their race.

-Races take place from 2:15-5:00 p.m. for the middle school runners. Specific times do not come out until a week before the race, so the website will be helpful to track the exact times. Last year our races were at 2:30 and 2:40 so I anticipate this year being close to the same.

-If parents plan to attend the meet, they are welcome to take their child home as well. They will need to sign the clipboard like we do for other meets. Otherwise, runners will ride the bus home.

-All additional details for the race can be found at <http://events.mtsac.edu/ccinvite/index.html>

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