

**Western "A" Classic Cross Country Championships**  
**King Ranch Golf Course- 17775 Mullan Rd.**  
**Frenchtown**  
**October 14, 2023**

Take exit 89 from I-90 towards Frenchtown, turn left on Demer Street. Turn right on Beckwith and then right onto Mullan Road.

7:30	Bus departs: Pick up Lily at Glen
9:30	Bathroom, Lunch, Secret Runner and Corn Hole at rest area.
11:45	Arrive in Frenchtown; set up camp
12:30	Start course walk
1:30	JV girls warmup
1:45	National Anthem
<b>2:00</b>	<b>JV boys' race</b>
2:10	JV girls warmup
<b>2:40</b>	<b>JV girls' race</b>
2:50	Varsity boys warmup
<b>3:20</b>	<b>Varsity boys' race</b>
3:30	Varsity girls warmup
<b>4:00</b>	<b>Varsity girls' race</b>
4:45	Awards ceremony
5:15	Leave for Missoula
5:45	Dinner in Missoula: Place TBA
6:45	Leave Missoula
9:30	Arrive home

**Participating teams:** Bigfork, Browning, Butte Central, Columbia Falls, Corvallis, Dillon, Frenchtown, Hamilton, Libby, Polson, Ronan, Stevensville, Whitefish

- We will provide drink and Sweetwater meals for rest area break.
- Don't forget your "Secret Runner" gift
- Course will be a single 5K loop through King Ranch Golf course with the start and finish on the 9<sup>th</sup> hole. It will be marked with cones and flagging. It will be mostly grass and gravel/dirt cart paths
- Top 15 boys and girls in the varsity competition will receive all conference awards. The top 2 varsity boys and girls team will receive trophies.
- Dress for the weather – it may be cold and wet – NO EXCUSES!
- Make the course walk count – be tactical. Find a meeting spot and your kick start
- Have a great warmup and even better cool-down – decide on meeting place and use it – this is the last time the JV's will be together!
- School will pay for dinner afterwards – bring your own money for tip

(next week, state competitors leave Friday morning at 8:30)

“There are no conquerors, just survivors.” Rick Ridgeway