

Beresford Watchdog Cross Country

Week 6 Newsletter - October 3-October 8

This Week's Meet:

- **Thursday, October 6 DAK XII Conference Meet at Yankton Trail Park in Sioux Falls, SD - Hosted by SF Christian**

DAK XII Meet Information

Date: Thursday, October 6, 2016

Start Time: 3:00 P.M.

Location: Yankton Trail Park (I-229 and Western Ave.)

Dismiss 1:00 P.M. **Bus Leaves:** 2:00 P.M.

Schedule and Distances:

3:00 P.M. Girls 5K (6 Runners, 20 Medals)

3:25 P.M. Boys 5K (6 Runners, 20 Medals)

4:00 P.M. JV Boys 4K (Unlimited, 20 Medals))

4:30 P.M. JV Girls 4K (Unlimited, 20 Medals))

5:00 P.M. JH Boys 3K (Unlimited, 15 Ribbons)

6:15 P.M. JH Girls 3K (Unlimited, 15 Ribbons)

Trophies: Winning Varsity Teams

Entries: Bibs and Timing Chips (Same as Lennox)

Results: results.dakotatiming.com

Awards: There will be an awards ceremony honoring winning teams and top 20 finishers in the varsity races.

Teams: Beresford, Canton, Dakota Valley, Dell Rapids, Elk Point - Jefferson, Lennox, Madison, Sioux Falls Christian, Tea Area, Tri-Valley, Vermillion, and West Central

Pasta Feed Information

Wednesday, October 5 Time: 5:00 P.M. Location: HS Lobby Type of Meal: Pasta Feed Upcoming Meet: DAK XII Conference the next day	1. Hoffman 2. Colford 3. Anderson 4. Seivert 5.
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This Week's Schedule at a Glance:

Monday, October 3 3:30-5:00 P.M. Practice

Tuesday, October 4

6:30 A.M. Varsity Weights

3:30-5:00 P.M. Practice

Wednesday, October 5

1:00 P.M. Dismissal

4:00 P.M. Team Video and Pre-Meet Practice

5:00 P.M. Pasta Feed

Thursday, October 6 DAK XII Conference in SF 3:00 P.M.

Friday, October 7 3:30-5:00 P.M. Varsity-Only Practice

6:30 P.M. Senior/Parents Night at the Football Game

Saturday, October 8 9:00-10:00 A.M. Voluntary Practice