

## Parents Letter, Week 11, 2023

Hello XC Athletes and Parents,

It is state meet week!! Please encourage your sons to have a week of getting enough sleep, especially Thursday night. The weather is supposed to be a high of 34°, so please make sure they pack a large variety of clothing to pick the right thing to wear on race day. The boys do not race until 2:45 pm, so everyone needs to pack a lunch! We will be stopping to eat at the mall in Fargo after the state meet to make sure everyone gets a hot meal.

**Friday we will be having our traditional potluck pre-state dinner at 6 pm at Hope Church. All the boys running in the state meet (and alternates) and their families are invited. Please sign up for something to bring: [Prestate Link](#)**

### **State Meet Information:**

Saturday Oct 28<sup>th</sup>, Jamestown Parkhurst Campground/Pipestem Reservoir, 8148 30<sup>th</sup> St SE, Jamestown, ND

Tickets \$10 Adults, \$5 Students

2:00 pm Class A Girls

2:30 pm Class A Boys

Class A Awards immediately afterwards

Results [Hero Timing](#)

[Online Store T-shirt/Apparel](#)

### **Week 11 Schedule**

**Tuesday: Speed**

**Thursday: Speed**

**Friday: 6:00 pm Prestate Dinner at Hope Church**

**Saturday: 9:30 am Bus leaves. BRING LUNCH**

Thank you

Sean Allan GFC Boys

If there are any questions, feel free to reach out