

## **Week 11 : October 23rd-29th**

Hello Cross Country Parents,

We have arrived to the last week of the season with the ND State XC Meet this coming Saturday in Jamestown! It was a great last few days of training with our 3k pursuit workout on Friday. The temps for Saturday are supposed to be low 40's so make sure to pack extra clothing. The race is also at 2:00, so pack a snack/early lunch. After, we will eat at the mall in Fargo so bring money if you would like.

This Friday we will have our pre-state meet dinner at Hope Church, 6:00pm. This is for those running at state and their families. This will be a potluck so you can sign up to bring something: [prestate dinner - Google Sheets](#)

**Tuesday/Thursday:** Speed Workouts

**Friday:** State meet dinner, Hope Church at 6:00pm

**Saturday:** Bus leaves at 9:30am

### **State Meet Information:**

**Saturday Oct 28th- Jamestown**

**Parkhurst Campground/Pipestem Reservoir, 8148 30th St SE, Jamestown, ND**

**Tickets \$10 Adults, \$5 Students**

**2:00 pm Class A Girls**

**2:45 pm Class A Boys**

**Class A Awards immediately afterwards**

### **Important Links:**

Team Website: [www.knightrunning.com](http://www.knightrunning.com)

ND State Meet Info: [Girls' Cross Country Tournament |NDHSAANOW.com](http://Girls' Cross Country Tournament |NDHSAANOW.com)

ND State Meet Clothing: [2023 \(NDHSAA\) State Cross Country Championships | 37856MN - Northwest Designs Ink \(nwd.ink\)](http://2023 (NDHSAA) State Cross Country Championships | 37856MN - Northwest Designs Ink (nwd.ink))

If there are any questions about this week, feel free to reach out! Also make sure you and your athlete are on the Group me app for reminders and messages!

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