

## Emergency Contact Information GRS-TCA Cross Country

Student Athlete: \_\_\_\_\_

Parent/Guardian: \_\_\_\_\_

Email: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State \_\_\_\_\_ Zip: \_\_\_\_\_

Daytime telephone: \_\_\_\_\_ Evening telephone: \_\_\_\_\_

Other authorized person to contact in emergency: \_\_\_\_\_

Relationship to athlete: \_\_\_\_\_

Daytime telephone: \_\_\_\_\_ Evening telephone: \_\_\_\_\_

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### Updates to schedule will be posted on our website:

<https://sites.google.com/site/grstca/home>

### GRS-TCA cross country practice times and locations

Aug 15- Sept 2, 2011

4:30PM Monday through Friday, at the Como Lake Pavilion. Distance runs of from 2 to 10 miles.

Sept 6 - Oct 27, 2011

In front of schools on school days 15 minutes after school bell and on Saturdays at TCA at 8AM.

### 2011 Tentative Race Schedule

Date/Time	Race	Location
8/26/2011 Friday	Saint Paul Central Open	St. Catherines Saint Paul
9/1/2011 Thursday	Mpls South Invite	St. Catherines Saint Paul
9/8/2011 Thursday	Fridley Peach Run (2 miles)	Fridley
9/19/2010 Monday	Great River vs Johnson (2 mile)	Como Park – Hodgson fields
9/23/2011 Friday	Mustang Invite	North Oaks
9/29/2010 Thursday	Jaguar Invitational	Hyland Park Reserve
10/6/2010 Thursday	Blaine Invitational	Blaine
10/13/2011 Thursday	St. Croix Preparatory Academy Invite	Stillwater area
10/20/2011 Thursday	currently open	
10/27/2011 Thursday	Section 4A	Battle Creek Park
11/5/2011 Saturday	State Meet (top 2 teams at Sectionals and top 10 individuals)	Northfield