

Fort Riley Middle School CC Invitational Meet

Date: Thursday, September 10, 2020 (B day runners only)

Milford State Lake – Junction City, KS

NO SPECTATORS ARE ALLOWED AT THIS MEET

as per meet director

Live results available at: www.LetsGoRun.com

MIDDLE SCHOOL RACE TIMES: **Races will be done in waves to allow social distancing.**

Times are approximate!

3:30 p.m. -- Combined 1 mile run (all boys and girls, 7th and 8th grade)

7th Grade 2 Mile Run

3:50 p.m. -- Wave 1 -- All boys, normal gun start

3:52 p.m. -- Wave 2 -- All Girls, starts 2 minutes after Wave 1

8th Grade 2 mile Run

4:20 p.m. -- Wave 1 Boys Only -- Clay Center, Eisenhower, Junction City, Marysville - normal gun start

4:22 p.m. -- Wave 2 Boys Only -- Shawnee Heights, Anthony, Topeka Saints, **Washburn Rural** - starts 2 minutes after Wave 1

4:24 p.m. -- Wave 3 Girls Only -- Clay Center, Eisenhower, Emporia, Topeka Saints, **Washburn Rural**, starts 2 minutes after Wave 2

4:26 p.m. --* Wave 4 Girls Only -- Fort Riley, Junction City, Shawnee Heights, Anthony, starts 2 minutes after Wave 3

WRMS Records for the Milford Lake Course 8th grade only ran 2 mile last year, so no 1 mile records yet!

8th Boys 2 mile	Griffin Heinen	12:17.6	2020
8th Girls 2 mile	Anna Martinson	15:28.8	2020
7th Boys 2 miles	Kaden Romancheck	12:53.1	2020
7th Girls 2 miles	Rylee Ismert	12:52.8	2020
7th Boys 1 mile	Jordan Mack	7:58.6	2020
7th Girls 1 mile	Rylee Weber	7:49.4	2020

Awards will be given for the top 5 finishers in 1 mile races and top 10 in 2 mile races. Team scores will be determined by the top 3 runners in 7th grade with the 4th runner being used for a tie-breaker. For 8th grade the top five will score for each team and 6th will be tiebreaker. Shoe chips will be used for timing. Athletes will be charged \$5 for a chip not being returned. A white chalk line will mark the entire course.

PARTICIPATING MIDDLE SCHOOLS: Clay Center, Eisenhower (Manhattan), Emporia, Ft.Riley, Junction City, Marysville, Shawnee Heights, St. Xavier, Topeka Saints, Anthony (Manhattan), WRMS

We will leave school by 1:00 pm and arrive at Milford Lake to warm up. All 8th graders will be dismissed from class at 12:30 to eat sack lunches out front. 7th graders you will be dismissed from class at 12:45 to get changed and load the buses. Don't forget to bring everything with you as we will not re-enter the building upon return. Students need to talk with their teachers and tell them they will be gone and hand in any homework due that day and get work that will be missed.

Athletes should bring their own snacks and drinks. Please **NO** glass containers.

Dress for cold and wet weather. The school issued uniforms will be worn at all meets. You may also wear your Washburn Rural apparel that you bought.

ESTIMATED time home is **6:15pm**. BUT please be available for a phone call anytime after **5:15pm** in case we arrive back early.

Thanks,
Coaches Christi Evans, Winston Heilman, Ryan Miller, and Courtney Rainey

7th Boys (8)	7th Girls (10)
Denman, Asher	Dittmer, Leah
Meek, Wesley	Ebert, Katelyn
Morrison, Liam	Finney, Avery
Rake, Rylan	Heinen, Sophie
Replogle, Eli	Middleton, Lacey
Scheid, Gentry	Murphy, Brecken
Shorb, Wyatt	Schneider, Kelcie
Woolington, Shaw	Steenbock, Addy
	Von Lintel, Ava
	Wong, Emma
8th Boys (7)	8th Girls (5)
Armendariz, Fernando	Dorzweiler, Kailey
Houser, Matthew	Nolte, Brooklyn
King, Bodie	Spader, Molly
Lemke, Luke	Spencer, Lillian
Mack, Jordan	Weber, Rylee
Romenchek, Kayden	
Vandersluis, Ben	