

## Friday Night Lights Cross Country Meet

The Bus will depart Friday 8/26/16 at 5:30 P.M. from Klein Oak. You may eat on the Bus.

If an athlete decides to leave after school he or she must be back to KO by 4:45 P.M.

Athletes need to drink about 64 oz.'s of water or Power Aid 48 hours before your race, it will be Hot.

Athletes must ride the Bus to the Meet. Athletes will need about \$10.00 for their personal spending.

Athletes must stay with the Team.

Athletes may leave with their parent(s) after the meet or awards is complete. Boys **must** check out with Coach Andrepont and Girls **must** check out with Coach Williams before leaving.

Athletes are required to keep up with all issued equipment. If any equipment is lost, left or stolen at any meet they will be required to pay for the equipment.

Please look at the attached meet schedule for running times. All athletes will help out with the mates. The

location of the meet is at: Bear Branch Fields in The Woodlands, Texas:

Have a good MEET: GO OAK:

Thank You

Andress Andrepont

409-656-1549