



GOSHEN XC MEET SCHEDULE

Date	Bus Time	Start Time	Type	Visitor	Home	Site
SAT - 9/08/18	7:30AM	9:01AM	INVITATIONAL	GOSHEN	@ WARWICK WAVE MANIA	SANFORDVILLE ELEM
TUE - 9/11/18	2:15PM	4:00PM	DUAL (N-L)	GOSHEN	@ WARWICK	SANFORDVILLE ELEM
SAT - 9/15/18	6:30AM	8:00AM	INVITATIONAL	GOSHEN	@ SUFFERN INVITATIONAL	BEAR MOUNTAIN
TUE - 9/18/18	2:15PM	4:00PM	DUAL (DIV)	GOSHEN	@ PORT JERVIS	PJ/HUGUENOT YMCA
SAT - 9/22/18	5:45AM	9:00AM	INVITATIONAL	GOSHEN	@ BOB PRATT INVITE	SUNKEN MEADOW, LI
TUE - 9/25/18	2:30PM	4:00PM	DUAL (DIV)	CORNWALL	@ GOSHEN	THOMAS BULL (OC PK)
TUE - 10/02/18	2:30PM	4:00PM	DUAL (N-L)	VALLEY CENT	@ GOSHEN	THOMAS BULL (OC PK)
SAT - 10/13/18	7:00AM	9:00AM	INVITATIONAL	GOSHEN	@ MANHATTAN INVITE	VAN CORTLANDT PARK
TUE - 10/16/18	3:00PM	4:30PM	DUAL (DIV)	MONT/MT AC	@ GOSHEN	THOMAS BULL (OC PK)
SAT - 10/20/18	12PM-FRI	9:20AM	INVITATIONAL	GOSHEN	@ BROWN INVITATIONAL	GODDARD ST PARK, RI
FRI - 10/26/18	10:00AM	12:00PM	COUNTIES	GOSHEN	@ OCIAA CHAMPIONSHIP	BEAR MOUNTAIN
FRI - 11/02/18	8:30AM	10:30AM	SECTIONS	GOSHEN	@ SECTION IX CLASS B	BEAR MOUNTAIN
SAT - 11/10/18	FRI - TBA	9:00AM	STATES	GOSHEN	@ STATE MEET	SUNKEN MEADOW, LI
SAT - 11/17/18	9:30AM	12:15PM	FEDS	GOSHEN	@ FEDERATION MEET	BOWDOIN PARK

TIPS & REMINDERS prior to XC meets...

- Get a good night's sleep (at least 8 hours of **sleep** the night before & 2 nights before a meet).
- Make sure that you are **well-hydrated** (drink SEVERAL bottles of water throughout the day and avoid sugary drinks like soda).
- Eat plenty of foods with complex carbohydrates the day before a meet (pasta, bread, bananas, and oranges).
Avoid junk food such as chips, candy, etc... and don't eat food that might upset your stomach.
- Arrive at GHS **ON TIME** and **dressed appropriately** (warm-ups, long sleeves, sweatpants, uniform underneath).
- Come with a positive attitude, confidence in your talent, and the desire to succeed!

CONTACT INFO:

BOYS: Coach Lewis
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 GIRLS: Coach Manaseri
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 ASST: Coach Furst
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For directions to meet sites, schedule changes, and more specific information, visit the [GOSHEN XC website](http://GOSHENXC.WEBSITE.ORG): GOSHENXCTF.ORG

For invitational meets, we will not know exactly when individual races begin until 3-4 days prior to the meet.

Scheduled meets, bus departure times, and race times are always subject to change. Check our website for updates.

REMIND TEXT MESSAGE SERVICE: TEXT @goshenxc TO 81010 to receive important updates & info from Coach Lewis.

TEXT @goshengirl TO 81010 to receive important updates & info from Coach Manaseri.