**Lone Oak XC – 2016**

**Meet Info Sheet**

**Meet: District 10-3A**

**Date: Oct 18th - High School, Oct 19th - Middle School**

**Time: Tuesday 18th:**

9:00am Varsity Girls

9:30am Varsity Boys

10:00am JV Girls

10:30am JV Boys

**Wednesday 19th:**

4:00pm MS Girls

4:30pm MS Boys

**Location: Commerce High School**

**3800 Sregit Rd.**

**Commerce, Tx 75428**

**Directions from Lone Oak (approx. 25 min):**

**Take Hwy 69 Northwest towards Greenville for 1.6 miles. Take right on FM513 and drive for 9.5 miles towards Campbell to Interstate 30 service Rd and take left for .4 miles. Take left on FM513 and cross over Interstate and follow 2.5 miles thru Campbell and take Hwy 24 to the right towards Commerce for 6 miles. Take left on Tx-178 Loop W/Culver St for .7 miles. Turn right onto Sregit Rd and you will arrive at High School in .3 miles.**

**Athlete Details:**

**High School – Tuesday 18th:**

Arrive at School: 7:00 am

Depart for meet: 7:30 am

**Middle School – Wednesday 19th:**

Depart for meet: 2:30 pm

***Bring:***

**LO XC Jerseys, LO XC Warmups, running shoes (or spikes), water/Gatorade, pre-race snack.**