

GRCHS Eagles Cross Country 2008
Snack List

Date	Race	Location	Snacks	Fruit	Drinks
08/27	OK/Black White Kickoff Run	Gainey	Caroline Schuitema Kristin Bielema Jacob Kuyvenhoven	Autumn Oostindie Jon Faber John Muyskens	Alison Schuitema Jack VanAllsburg Grace Feenstra
09/03	OK White Jamboree	EGR Manhattan	Jordan Gabites Hannah Tasker Rachel Eygenraam	Seth Koetje Ethan Bascom Evan Clark	Ranu Sinniah Chris VanDyken Jerome Navarro
09/06	Christian Schools Invitational	Gainey	Sarai Droge Ellen Frazee Stephanie Shreve	Jon Cok Brett Henderson David McMullin	Paulina Heule Brooke Henderson Grant Ludema
09/12	MSU Invitational (Only provide enough for 14, please)	MSU Forest Akers	Erika Overbeck	Zack Koop	Erika Overbeck Zack Koop
09/13	Sparta Invitational	Sparta HS	Heather Koll Nicole Teitsma Matt Block	Jake Epperly Katie VanZanen Evan Hoekzema	Casey Hannink Angelle Kettlewell Eric Veldkamp
09/17	OK White Jamboree	Gainey	Taryn Borst Beatrice Williamson Ben Brewer	Brandon Quist Anna Plantinga Thomas Versluis	QuintonWilliamson John LaGrand Emily Long
09/20	Cougar/Falcon Inv.	East Rockford MS	Libby Huizenga Jessica DeWeerd Casie Parks	Philip Recker Brandon Raterink Daniel McElheny	Rachel Bloem Dorthea Leisman Dallas Hansen
09/27	Don Baese Invitational	Carson City-Fish Creek	Claire Lambert Conner Luymes Hamza Ahmed	Hannah Recker Joel Eygenraam Mike VandenHeuvel	Micah Warners Nick Tilma Diane Harris
10/01	OK White Jamboree	Lowell HS	Lauren Anderson Ashley VanWyk Jake Roorda	Joel DeJong Will Recker Mary Karg	Andrew Pruum Ross Damon Carrie Witte
10/04	Portage Invitational	Portage Central HS	Monica Langeland Conner Luymes Ellyn Hoeksema	Matt VanWyk Mark VanWinkle Sarah Fox	WilliamVanderPols Colin Schuurman Andrew Jo
10/15	OK White Jamboree	Northview HS	Josephine Tucker Dana Veen Nicki Jager	Nate Buteyn Delaney Callahan Lauren Johansen	Kaitlyn Beukema Breanna Wisneski Samuel Camp
10/25	MHSAA Regional	Sparta HS	To be determined		
11/01	MHSAA State Finals	MIS	To be determined	GO EAGLES!	GO EAGLES!!

Please provide enough food/drink for about 40 athletes unless otherwise noted. Suggested snack items are bagels, pretzels, Chex Mix, etc. Suggested drinks are water, Propel, juice, Gatorade, etc. Please, NO soda! Thank you!