

MSS Cross Country 2022

Love to run?
Join Cross Country Club

Open to all 6th-8th grade students

First Practice

- Thursday, September 15th from 3:15-4:00pm
- Meet outside on the basketball courts right after school

Questions?

- Ask Ms. Binge in room 121 (bingela@lc-ps.org)



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September Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11	12	13	14	15 Practice 3:15-4:00	15	17
18	19 Practice 3:15-4:00	20	21	22	23	24
25	26 Practice 3:15-4:00 (emergency contact form due)	27	28	29 Practice 3:15-4:00	30	1

October Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 Practice 3:15-4:00	4	5	6 Race at Dakota high school 6:00pm (arrive at 5:30pm)	7	8
9	10 Practice 3:15-4:00	11	12	13 Practice 3:15-4:00	14	15 Race at Freedom Hill 1:40pm (arrive at 1:15pm)
16	17 Practice 3:15-4:00	18	19	20 Practice 3:15-4:00	21	22
23	24 Practice 3:15-4:00	25	26	27 Race at Dakota high school 5:30pm (arrive at 5:00pm)	28	29

*Schedule subject to change