## **Cross Country Information:**

## **Coaches: Jen Smith and Ray Romero**

All practices will be Monday, Tuesday and Wednesday after school from 4:15 to 5:20. Activity buses are available for all athletes. All paper work must be turned in to participate: Physical form, Intramural Athletic Acknowledgement and Student Participation & Parental Approval Form.

Buses will be provided for all students attending the meets. Meets will begin around 6pm depending on busing.

## Meet Schedule:

September 26<sup>th</sup>- Area Meet @ Oak Hammock MS October 4<sup>th</sup> Area Meet @ Varsity Lakes MS October 18<sup>th</sup> Cross Country Regionals – Veterans Park Academy

November 3<sup>rd</sup> XC Championships -Kelly Road County Park.