



**MS Cross Country  
Fall 2024 schedule**

**Week 1-**

Monday, 8/19 practice  
Wednesday, 8/21 practice  
Friday, 8/23 practice

**Week 2-**

Monday, 8/26 practice  
Wednesday, 8/28 practice  
**Thursday, 8/29 MEET #1 @ Margaret Carpenter rec center- Boys race at 5:45 pm, Girls race at 6:15 pm**  
Friday, 8/30 practice

**Week 3-**

Monday, 9/2- HOLIDAY/No School  
Wednesday, 9/4 practice  
Friday, 9/6 practice

**Week 4-**

Monday, 9/9 practice  
Wednesday, 9/11 practice  
**Thursday, 9/12 MEET #2 @ NW Open space- Boys race at 5:45 pm, Girls race at 6:15 pm**  
Friday, 9/13 practice

**Week 5-**

Monday, 9/16 practice  
Wednesday, 9/18 practice  
Friday, 9/20 practice

**Week 6-**

Monday, 9/23 practice  
Wednesday, 9/25 practice  
**Thursday, 9/26 MEET #3 @ Shadow Ridge MS- Boys race at 5:45 pm, Girls race at 6:15 pm;**  
Friday, 9/27 practice

**Week 7-**

Monday, 9/30 practice  
Wednesday, 10/2 practice  
Thursday, 10/3 practice  
Friday, 10/4- No School

**Week 8-**

Monday, 10/7 practice  
Wednesday, 10/9 practice  
**Thursday, 10/10 District Championship MEET @ Margaret Carpenter rec center- Girls race at 10:30am, Boys race at 11:10am; Awards to follow immediately**

*Rain out dates:*

*Meet #1- Thursday, 9/5*  
*Meet #2- Thursday, 9/19*  
*Meet #3- Thursday, 10/3*  
*Meet #4- Friday, 10/11- races at 10:00am, 10:35am*