

GOLDEN WEST MIDDLE SCHOOL GWMXC MUSTANGS CROSS COUNTRY



JOIN THE TEAM!

PRACTICE STARTS: SEPTEMBER 1st
3:00-4:30 PM | ON THE BLACKTOP BEHIND THE GYM
EVERYONE MAKES THE TEAM!

TO SIGN UP:

1. MUST SIGN UP AT ARBITER SPORTS:

<https://students.arbitersports.com/golden-west-middle-school>

2. ADD A PHYSICAL SIGNED BY A PHYSICIAN