

Cross Country 2019

Date	Location	Race Times	Bus Departure
9/7	Davis and Elkins College	G-9:30, B-10:15	TBA
9/10	Preston High School	G-5:30, B- 6:00	TBA
9/14	Bridgeport Recreation Complex	G- 9:00, B-10:00	TBA
9/17	Doddridge County Park	G- 4:30, B- 5:05	TBA
9/21	West Taylor Elementary	G- 11:30, B-12:15	TBA
9/24	Buckhannon High School	4:30	TBA
10/17	Preston High School	4:00	TBA
10/24	Regional Meet - D&E College	TBA	TBA
(11/2)	(State Meet- Cabell Midland)	TBA	TBA

PRACTICE:

- With the exception of Monday, August 12th (8:00 am), practice will be after school, from approximately 3:15pm to 4:30pm, unless otherwise informed.
- It is your responsibility to your team to be prompt for all occasions and to practice diligently.

COACH CONTACT:

Rachael Boone

Parents can contact me by call or text. Ask me for my number anytime. You are also welcome to join the BAND app group- Lewis Country Cross Country.

Students need to join the BAND app group- Lewis Country Cross Country- for all team and coach communication, or come see me at school with any questions.