

**Fishers Jr. High**

# OCTOBER 2019

*Cross Country Schedule of Practice and Meets*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30 Meet VS Westfield (HOME) 5:00	1 Practice 2:45-4:30	2 Meet HOME Oskay Invite (Home) 5pm	3 Annual DQ Run 2:45-4:30	4 <b>Morning Practice 5:40AM</b> Practice 2:45-4:30	5 <b>IMSCCC</b> Northview Church 10am <b>OPEN to ALL Runners</b>
6	7 Practice 2:45-4:30	8 <b>County Invitational @ Noblesville (White River Elementary) @5pm</b>	9	10 <b>Awards Party</b> 3-4 in Mr. B's room (Turn in uniforms and locks)	11	12
				23	21	

After practice, the girls will be running to the Coach's house for a carb-loading pasta meal. Additional details will be distributed the prior week.

If you would like to volunteer to help out at our home meets as a spotter (make sure the kids know where to go), please contact one of the coaches prior to the meet. Parents in the past have also volunteered to bring snacks for the runners after the meets. Let us know if you would like to contribute in this capacity.



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Country**