

2011 Menands Cross-Country Running Schedule

Monday, September 12 th :	Practice
Wednesday, September 14 th :	Practice
Friday, September 16 th :	Practice
Monday, September 19 th :	Practice
Wednesday, September 21 st :	Practice
Monday, September 26 th :	Practice
Wednesday, September 28 th :	Practice
Monday, October 3 rd :	Practice
Wednesday, October 5 th :	Home Meet at Menands
Friday, October 7 th :	Practice
Wednesday, October 12 th :	Meet at Central Park (Brown host)
Monday, October 17 th :	Practice
Wednesday, October 19 th :	Meet at Parker School
Friday, October 21 st :	Practice
Monday, October 24 th :	Practice
Wednesday, October 26 th :	Meet at the Crossings (St. Gregory hosting)

All Practice will run from 3:00-4:00 with students taking the late bus home. Approximate return to school after meets is 5:30-5:45 p.m. I will make every effort to provide you with directions to the meets.

Coach: Mrs. Lisa Wheeler 465-4561 ext. 112

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