

CROSS COUNTRY SCHEDULE 2019

LONGFELLOW MIDDLE SCHOOL

Welcome to Longfellow Middle School's Cross Country team!

We welcome all students who want to participate; there are no tryouts. We only ask that each student come to as many practices as they can and attend at least four meets (races) to make sure that they can qualify for Championships at the end of October.

This season will run from September 5th through October 30th.

CLOTHING

Students can wear whatever clothes are most comfortable within Longfellow's student guidelines. If accessible, we encourage the use of running or other athletic, low-top shoes. We will provide racing jerseys (tops and shorts) for each student to wear during meets (races).

PRACTICES

We will practice every Monday and Thursday after school until 4:30pm, unless there is a meet (race) or no school. Please see other side for more details.

MEETS (RACES)

Each regular season meet starts at 4:15pm, so we will need to leave as soon as possible from Longfellow to arrive on time. Meets typically last until 6 - 6:30p.

Rides to and from meets are facilitated through parent/guardian volunteers, so if you can help this season (with any meet) to transport students, please let a coach know as we'd greatly appreciate the help!

(Schedule on back)

SCHEDULE – SEPTEMBER

Mon	Tues	Wed	Thurs	Fri
2 - No School	3	4	5 - Practice	6
9 - Practice	10	11	12 - Practice	13
16 - <u>Meet #1</u>	17	18	19 - Practice	20
23 - Practice	24	25	26 - <u>Meet #2</u>	27
30 - Practice				

MEET DETAILS – SEPTEMBER

Meet #1 (Albany) on Monday, September 16th @ 4:15pm

Location: Golden Gate Fields, Albany

Meet #2 (MLK) on Thursday, September 26th @ 4:15pm

Location: Martin Luther King Jr. Middle School, 1781 Rose St, Berkeley, CA 94703

STAFF

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