

Are you a 7th or 8th grader who wants to run?

Join Lawrence



We are a middle school Cross Country team that will compete at area meets and get you ready for high school Cross Country!

We meet for practice 2-3 times a week at various locations and will compete in 4-5 meets this year (schedule on back).

Contact Coach Smith at (785) 766-8984 or asmith@usd497.org for more information OR just come out to practice and join us!

Tentative Schedule (subject to change). We may add a meet in Baldwin, but no date is confirmed at this time.

Runners must have a current physical and be covered by insurance to practice/compete. Please bring documentation to the first practice. We will have a brief informational meeting at the beginning of practice on the 7th.

September

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
			1	2	3	4
5	6	7 Practice Dad Perry Park	8	9 Practice Haskell	10	11 Emporia
12	13	14 Practice Dad Perry Park	15	16 Practice Haskell	17	18 Practice Hobbs Park
19	20	21 Practice Dad Perry Park	22	23 Practice Haskell	24	25 Practice Hobbs Park
26	27	28 Practice Dad Perry Park	29	30 Practice Haskell		

Practice starts at 5pm weekdays and 9am Saturdays and will last 30 min – 1 hour. Dad Perry – Meet in the west parking lot by the tennis court. Haskell – Meet in the parking lot at SJH. Hobbs Park – meet by the baseball field.

In case of severe weather (thunderstorms), practice will be cancelled and I will send out a text message and an email if this happens. Make sure I have a cell number and/or email address so you can be notified of any changes.

October

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
					1	2 Seaman
3	4	5 Practice Dad Perry Park	6	7 Practice Haskell	8	9 Haskell
10	11	12 Practice Dad Perry Park	13	14 Practice Haskell	15	16 League
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						