

| Practice begins August 21, 2019                |   | Middle School Cross Country Running |                           |
|--|---|-------------------------------------|---------------------------|
|  | Pre-Season Coaches Meeting Tuesday August 20th; 3:45 PM at Wendler MS.  |                                     |                           |
|  | Post-Season Coaches Meeting Oct. 11th, 3:45 PM at Wendler MS.   |                                     |                           |
|  | <b>**All races will be completed~30 minutes after the start of the last race.**</b>   |                                     |                           |
| <b>Tentative Schedule - updated 08/21/2019</b> |   |                                     |                           |
| Date   | Schools   | Location                            | Host                      |
| <b>Saturday- 9/14/2019</b>                     | <b>*Optional* All Schools - Skinny Raven's NBXC Classic *Optional*</b>  |                                     | Russian Jack Springs Park |
|  | First Flight @ 10:00am MS Race begins at 12:00.   |                                     | Skinny Raven              |
| <b>Thursday- 9/12/2019</b>                     | Mears, Girdwood, Hanshew, Goldenview, Rilke Schule, Northern Lights, Wendler  | Service                             | Hanshew                   |
| <b>Friday- 9/13/2019</b>                       | Mirror Lake, Gruening, Romig, Winterberry, Central, Begich, Clark, STREAM   | Service                             | Begich/ Clark             |
|  | <b>**Updated Times are in Red** 6/7 Girls 5:30pm, 6/7 Boys 5:40pm, 8 Girls 6:10pm, 8 Boys 6:30pm</b>  |                                     |                           |
| <b>Wednesday- 9/18/2019</b>                    | Goldenview, Wendler, Winterberry, Begich, Hanshew, Central, Mirror Lake   | <b>Kincaid</b>                      | Wendler                   |
| <b>Thursday- 9/19/2019</b>                     | Northern Lights, Romig, Clark, Mears, Gruening, Rilke Schule, Girdwood, STREAM  | <b>Kincaid</b>                      | Gruening/NLABC            |
|  | <b>**Updated Times are in Red** 6/7 Girls 5:30pm, 6/7 Boys 5:40pm, 8 Girls 6:10pm, 8 Boys 6:30pm</b>  |                                     |                           |
| <b>Wednesday- 9/25/2019</b>                    | Mears, Hanshew, Mirror Lake, Gruening, Goldenview, Romig, STREAM  | <b>Kincaid</b>                      | Mirror Lake               |
| <b>Thursday- 9/26/2019</b>                     | Central, Rilke Schule, Northern Lights, Wendler, Clark, Begich, Winterberry, Girdwood   | <b>Kincaid</b>                      | Girdwood/Winterberry      |
|  | <b>**Updated Times are in Red** 6/7 Girls 5:30pm, 6/7 Boys 5:40pm, 8 Girls 6:10pm, 8 Boys 6:30pm</b>  |                                     |                           |
| <b>Wednesday- 10/2/2019</b>                    | Hanshew, Winterberry, Goldenview, Begich, Mears, Girdwood, Wendler, STREAM  | Kincaid                             | Mears                     |
| <b>Thursday- 10/3/2019</b>                     | Gruening, Romig, Northern Lights, Rilke Schule, Mirror Lake, Central, Clark   | Kincaid                             | Central/ Rilke Sch.       |
|  | <b>**Updated Times are in Red** 6/7 Girls 5:30pm, 6/7 Boys 5:40pm, 8 Girls 6:10pm, 8 Boys 6:30pm</b>  |                                     |                           |
| <b>CANCELLED</b>                               | <del>Think Pink Relays - All Schools -</del>  | Kincaid                             | Romig/ Winterberry        |
|  | <b>**MEET CANCELLED** Coed, Girls, Boys</b>   |                                     |                           |
| <b>Thursday- 10/10/2019</b>                    | <b>All Schools - Championships</b>  | Kincaid                             | Goldenview                |
|  | 6/7 Girls <b>1:30 pm</b> , 6/7 Boys <b>2:10 pm</b> , 8 Girls <b>2:50 pm</b> , 8 Boys <b>3:20 pm</b> (Finished by 3:45- buses pick up @ 4:15-30) |                                     |                           |