



LAKEWOOD MIDDLE SCHOOL

ATHLETIC DEPARTMENT



Ph. 616-374-2401

Fax. 616-374-2424

Cross Country Schedule 2018

Practices will run Monday through Thursday 2:45-3:45. Please plan to arrive at the MS promptly to pick up your student.

		<u><i>Start Time</i></u>	<u><i>Bus</i></u>
Mon. 8/20	First Practice	2:45	
Wed. 8/29	Saranac	6:00	4:30
Mon. 9/10	St. Johns Invitational (@ St. Johns Middle School - 900 W. Townsend Rd/St. Johns, MI)	5:00	3:00
Thurs. 9/13	Lakewood MS	4:30	
Tues. 9/18	Perry Invitational (@ Perry Cross Country Course - 8629 Beard Rd/Perry, MI)	4:00	2:25
Mon. 9/24	DeWitt MS	4:30	2:25
Tues. 10/2	Maple Valley	4:30	3:00
Mon. 10/8	Portland MS (Possible exchange for Mason)		
Tues. 10/9	Mason MS	4:30	2:30
Thurs. 10/11	Grand Ledge Invitational (@ Fitzgerald Park, Grand Ledge)	4:30	2:30
Mon. 10/15	Greater Lansing Invitational (@ DeWitt H.S.)	4:00	2:25
Thurs. 10/18	Maple Valley (GLAC Finals)	4:30	TBD

6-8th Grade athletes MUST have a current physical before first practice!

Coach Bill Alford dbnralford@att.net

AD Scott Millbrook scottmillbrook@lakewoodps.org

~ More dates may be added ~

Boys run first in 2018.