

7th and 8th Grade Cross Country

- Practices will be from after school until 4:15 PM. We will not have practice on Fridays.
- You must have a current physical and concussion form on file in the clinic to participate.
- Regular prompt attendance will be required. 3 unexcused absences will result in removal from the team.
- Transportation will be provided to away contests and return trips to Wilson will also be provided. Athletes may ride home with their parents from away contests only if the parents provide a written permission to do so.
- Poor behavior that results with a student being sent to the office may result in the student missing a meet. Parents will be contacted by Administration if this happens.

Schedule

Tuesday, September 5 th	CR Invite @ Noelridge Park
Thursday, September 14 th	C.R. Metro @Cherry Hill Park
Tuesday, September 19 th	CPU Invitational
Thursday, September 28 th	Iowa City ..Ashton Park
Tuesday, October 3 rd	Manchester ..Fair Grounds