

## McHenry Middle School - Cross-Country Season 2018-19

<u>Date</u>	<u>School</u>	<u>Location</u>	<u>Time</u>	<u>Bus Leaves</u>
Tues, Aug 21	1st Practice	MMS	2:30 - 4	Activity Bus
Weds, Aug 29	Parkland	Home	4:00	
Weds, Sept 5	Nippersink/Parkland	Home	4:00	
Fri, Sept 7	Barrington Invite	Ron Beese Park	4:30	2:45
Mon, Sept 10	Bernotas/Heineman	Lippold (west)	4:00	3:00
Weds, Sept 12	Marlow/Beardsley/ Northwood	Emricson Park	4:15	3:00
Mon, Sept 17	Cary/Creekside	Cary Jr. High	4:15	3:00
Weds, Sept 19	FVC Mini-Invite	Marlowe	4:15	2:45
Mon, Sept 24	Lundahl/Creekside/ Nippersink	Lundahl	4:15	3:00
Weds, Sept 26	Johnsburg/Parkland	Home	4:00	
Mon, Oct 1	Conference Meet	Emricson Park	3:00	1:30
Sat, Oct 6	Sectional Meet	Home	10:00	
Sat, Oct 13	State Meet	Normal, IL	TBA	

**Coaches Contact:** Mrs. Comes (Head Coach) [acomes@d15.org](mailto:acomes@d15.org)

Must have prior to 1st practice:

Permission slip/Handbook form - Parent must sign (**online via Skyward login**)

Current Physical must be turned in to office/nurse

(updated 7/16/18)