

September 2008

West Middle School
Cross Country



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 Practice	4 Practice — Parent Mtg. @ 4:30	5	6
7	8 Practice until 4:15	9 Practice until 4:15	10 Practice until 4:15	11 Practice until 4:15	12	13
14	15 Practice until 4:15	16 B.N.C.Meet @ Cadillac; 5	17 Practice until 4:15	18 Practice until 4:15	19 Picture Day	20
21	22 Practice until 4:15	23 TC East Tri-meet @ 4:30 pm * Bus to East; parent pick-up.	24 Practice until 4:15	25 Practice until 4:15	26	27
28	29 Practice until 4:15	30 T.C.C Jamboree @ Courtade; 5pm Bus to Courtade; parent pick up.				

RACE SPECIFICS

* Times are approximate

9-16-08 Cadillac

5:00 All runners run 1.55 miles
together: 6th—8th Grade

9-23-08 TC East

4:30 7th/8th Girls Run (2 Miles)
5:00 7th/8th Boys Run (2 Miles)
5:30 All 6th Graders Run (! mile)

9-30-08 T.C.C. Jamboree

5:00 All runners run 2 miles
together: 6th—8th Grade

Coaches:

Cam Wrd: 933-7796

Peggy Bramer: 933-8334

Bill Scott: 933-1977

Jody Thompson: 933-8285



**West Middle School
Cross Country**

October 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		30 T.C.C Jamboree @ Courtade; 5pm Bus to Courtade, parent pick up.	1 Practice until 4:15	2 Practice until 4:15	3	4
5	6 Practice until 4:15	7 Practice until 4:15	8 Practice until 4:15	9 Practice until 4:15	10	11 T.C.C. Invitational at Courtade; Parent Drivers both ways. Meet at the start line @ 10:00 am.
12	13 Practice until 4:15	14 Practice until 4:15	15 Gaylord Invi- tational @ 4 pm. * Bus Departure @ 1:00 pm	16 Practice until 4:15	17	18 Elk Rapids Invitational *Parent Drivers both ways. Meet at the start line @ 9:30.
19	20	21	22	23	24	25
26	27	28	29	30	31	

RACE SPECIFICS

* Times are approximate

9-30-08 T.C.C. Jamboree
5:00 7th & 8th grade race
5:30 6th Grade race

10-11-08 T.C.C. Invitational
11:00 7th/8th Boys Run
11:30 7th/8th Girls Run
12:00 6th Grade Boys Run
12:30 6th Grade Girls Run

10-15-08 Gaylord Invitational
4:00 7th/8th Boys Run
4:30 7th/8th Girls Run
5:00 All 6th Graders Run

10-18-08 Elk Rapids Invitational
10:30 7th/ 8th Boys Run
11:00 7th/8th Girls Run
11:30 6th Graders

Coaches:

Cam Ward: 933-7796
Peggy Bramer: 933-8334
Bill Scott: 933-1977
Jody Thompson: 933-8285