

Russell Middle School 2019 Cross Country Running Schedule

Practice Schedule

Monday – Thursday (End of school – 3:15 pm.) *Practices are held at Russell Middle School and in the neighborhoods around the school. Students are given instruction on running etiquette in the communities surrounding the school and at meets. They will still be accountable to the Barrow code of conduct even when off campus. Students must have a ride from Russell at 3:15 pm. Participants may ride with another student or walk only with a note from a parent or guardian.*

Meet Schedule

<u>Date</u>	<u>Day</u>	<u>Place</u>	<u>Time</u>
September 5 th	Thursday	North Oconee High School Oconee County	3:30 pm (Bus 2:30)
September 10 th	Tuesday	Westminster Christian Academy Watkinsville	4:00 pm (Bus 3:00)
September 19 th	Thursday	Crow's Lake Jefferson	4:00 pm (Bus 3:15)
October 1 st	Tuesday	Best of Barrow (Home)	4:30pm
October 16 th	Wednesday	League Meet Jackson County Jefferson (Lamar Murphy Park)	4:00 pm (Bus 3:15)

Other dates:

TBA Team Pictures 2:15-3:00