



# LAKEWOOD MIDDLE SCHOOL

## ATHLETIC DEPARTMENT

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### GLAC Middle School Cross Country Schedule 2021

**Weekly Practice Schedule - Monday thru Thursday 2:30-4:00pm**  
**Occasional Friday Practices will be scheduled!**

		<u>Start Time</u>	<u>Bus</u>
<b>Thurs. 9/9</b>	<b>Lakewood</b> (Grand Ledge, Haslett, Waverly)	<b>5:00</b>	---
Mon. 9/13	Lakewood @ Waverly (DeWitt, Mason, Waverly)	5:00	<b>3:15</b>
<b>Sat. 9/18</b>	<b>Lakewood MS @ Lakewood HS</b>	<b>TBA</b>	---
Mon. 9/20	Lakewood @ Holt (Ionia, Holt, Williamston)	5:00	<b>3:10</b>
Tues. 9/21	Lakewood @ Leslie	5:00	<b>3:00</b>
Mon. 9/27	Lakewood @ Eaton Rapids (Eaton Rapid, Grand Ledge, Holt)	5:00	<b>3:15</b>
Mon. 10/4	Lakewood @ East Lansing (Charlotte, East Lansing, Okemos)	5:00	<b>3:10</b>
Tues. 10/5	Lakewood @ Stockbridge	5:00	<b>2:45</b>
Mon. 10/18	MS Greater Lansing @ DeWitt	4:00	<b>2:00</b>
Thurs. 10/21	GLAC MS Final @ Maple Valley	4:30	<b>3:00</b>
<b>Friday 10/29</b>	<b>MHSAA Middle School Regionals</b> <b>Grand Rapids Northeast Campus</b> <b>1400 Fuller Ave. Grand Rapids</b>	<b>5:00</b>	<b>TBA</b>

\*Times may change the week leading up to event!

*Athletes MUST have a current physical or Sports Health Questionnaire before practices!*

~ Dates subject to change ~

Head Coach - Crystal Weller [crystalweller@lakewoodps.org](mailto:crystalweller@lakewoodps.org)

Volunteer Coach - Jamie Hickey [jamiehickey@lakewoodps.org](mailto:jamiehickey@lakewoodps.org)

AD Nick Krueger [nickkrueger@lakewoodps.org](mailto:nickkrueger@lakewoodps.org)

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