



LAKEWOOD MIDDLE SCHOOL

ATHLETIC DEPARTMENT



Ph. 616-374-2401

Fax. 616-374-2424

Cross Country Schedule 2019

Practices will run Monday through Thursday 2:45-3:45. Please plan to arrive at the MS promptly to pick up your student.

| | | <u><i>Start Time</i></u> | <u><i>Bus</i></u> |
|--------------------|--|--------------------------|-------------------|
| Mon. 8/26 | First Practice | 2:45 | |
| Mon. 9/9 | St. Johns Invitational (@ St. Johns Middle School - 900 W. Townsend Rd/St. Johns, MI) | 5:00 | 3:00 |
| Thurs. 9/12 | Lakewood MS | 4:30 | |
| Tues. 9/17 | Olivet | 4:30 | 2:25 |
| Mon. 9/23 | DeWitt MS | 4:30 | 2:25 |
| Thurs. 9/26 | Jackson Parkside | 4:30 | 2:25 |
| Tues. 10/1 | Leslie | 4:30 | 3:00 |
| Fri. 10/4 | Fowler | 4:30 | 3:00 |
| Tues. 10/8 | Mason | 4:30 | 3:00 |
| Thurs. 10/10 | Grand Ledge Invitational (@ Fitzgerald Park, Grand Ledge) | 4:30 | 2:30 |
| Mon. 10/14 | Greater Lansing Invitational (@ DeWitt H.S.) | 4:00 | 2:25 |
| Thurs. 10/17 | Leslie (GLAC Finals) | 4:30 | 3:00 |

6-8th Grade athletes MUST have a current physical before first practice!

Coach Jamie Hickey jamiehickey@lakewoodps.org
 AD Scott Millbrook scottmillbrook@lakewoodps.org

~ More dates may be added ~

Girls run first in 2019