



# LAKEWOOD MIDDLE SCHOOL

## ATHLETIC DEPARTMENT

Ph. 616-374-2401

Fax. 616-374-2424



### GLAC Middle School Cross Country Schedule 2022

**Weekly Practice Schedule - Monday thru Friday 2:30-4:00pm**

**No practices on most Wednesdays!**

**Practices Start Monday Aug. 22<sup>nd</sup>, 2022!**

		<u>Start Time</u>	<u>Bus</u>
<b>Thurs. 9/8</b>	<b>Lakewood</b> (Grand Ledge, Haslett, Waverly)	<b>5:00</b>	---
Mon. 9/12	Lakewood @ Waverly (DeWitt, Mason, Waverly)	5:00	3:15
Mon. 9/19	Lakewood @ Holt (Ionia, Holt, Williamston)	5:00	3:10
<b>Tues. 9/20</b>	<b>Lakewood GLAC Jamboree</b> MS, JV, and Varsity	<b>4:30</b>	---
<b>Mon. 9/26</b>	<b>Lakewood</b> (Eaton Rapids, Grand Ledge, Holt)	<b>5:00</b>	
Mon. 10/3	Lakewood @ East Lansing (Charlotte, East Lansing, Okemos)	5:00	3:10
Tues. 10/4	Lakewood @ Leslie	4:30	2:30
Wed. 10/12	Jr. Comets – Grand Ledge	TBA	
Friday 10/14	MHSAA Middle School Regionals Grand Rapids Northeast Campus 1400 Fuller Ave. Grand Rapids	4:00	2:00
<b>*Times may change the week leading up to event!</b>			
Mon. 10/17	MS Greater Lansing @ DeWitt	4:00	2:00
Thurs. 10/20	GLAC MS Final @ Maple Valley	4:30	3:00

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

~ Dates subject to change ~

Head Coach - Crystal Weller wellerc228@gmail.com

Volunteer Coach -

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

Updated 8/1/2022