



## Christiansburg Middle Cross Country 2019

Coach: Danny Mathieson - DanielMathieson@MCPS.org

Remind: Text the message @cmsdemoncc to phone number 81010

Practice

Opening Week: Aug 7th, 8th, 9th, 12th, 13th. 5-6:30 PM @ CMS. Parent Meeting Mon Aug 12th, 6:30pm

Regular Season: Beginning August 14th. Mon through Fri 3:15pm to 5:00pm at CMS through Oct. 12th

Meet Schedule: Bus Leaves CMS at time listed in bold. *Italics are Tentative*

### **7:45 am Saturday August 17th - Across the County FUNdraising Run**

8:25 am Estimated Middle School Start at Spradlin Farm Shopping Center

9:45 am Middle School Team Building at Eastern Montgomery Park

11:20 am Projected Finish at Elliston Food Mart

5 PM: Post Run Cookout (Christiansburg High School)

### **Saturday August 24th - OFF!**

### **8:00 am Sat Aug 31- Blue Demon - Christiansburg Primary School (Team Dinner @ CPS Fri)**

**\*\*No Bus - Parent Drop off at CPS\*\***

7:15 – 9:00am Packet Pick-up

8:30 am Middle School Boys Race (2 Mile)

9:00 am Middle School Girls Race (2 Mile)

### **8:00 am Saturday September 7th - Knights Crossing Invitational - Green Hill Park, Salem**

7:00 am Course Opens, Packet Pick-up/Open Race registration

9:05 am Coaches Meeting

9:30 am Girls Middle School Championship 3K Race

10:00 am Boys Middle School Championship 3K Race

### **6:30 am Saturday September 14th - Clash with Titans - Hidden Valley High School, Roanoke**

7:15 am Packet pick-up

8:00 am Open Race (Coaches/Parents)

8:30 am Girls 6th/7th/8th - 2 mile

9:10 am Boys 6th/7th/8th - 2 mile

### **7:00 am Saturday September 21st - Blacksburg Relays, Blacksburg High School, Blacksburg**

8:00 am Packet pick-up

8:20 am Girls Middle School 2k non-relay race (6th, 7th, 8th)

8:40 am Boys Middle School 2k non-relay race (6th, 7th, 8th)

### **Saturday September 28th- OFF!**

### **2:30 pm Thurs Oct 3rd-MCPS Quad Hosted by SMS, Location TBD (Team Dinner After @ GC)**

*Tentative 3:30 pm Packet Pickup*

*Tentative 4:30 pm Girls 6th/7th/8th 2 mile*

*Tentative 5:15 pm Boys 6th/7th/8th 2 mile*

### **Saturday October 5th - OFF!**

### **Saturday October 12th - OFF!**

### **2:30pm Mon Oct 14 -MS XC Championships- Hidden Valley HS, (Team Dinner After @ GC)**

3:30 -- Packet pick-up begins

4:30 -- Girls 6th/7th/8th 2 miles

5:00 -- Boys 6th/7th/8th 2 miles