



COBBLESTONE COUGARS



2016 4th-6th Grade Cross Country Team Schedule

Dear Runners and Parents:

*Practices are **Mondays 1:20-2:20pm** and **Thursdays 2:20-3:20pm**,
meet on the field next to the multi!

(No practice on the days we have a meet!)

*The meets schedule is below. Please remember that we start with 4th grade girls when the meet starts.

*Please be at the site 30 minutes before your race time.

*All runners need to meet Coach Mays, Benoist, and/or Mr. Wade at the site.

*Please remember water bottles and a snack for after the race.

*Parents may take their child and leave once their child has finished racing.

2016 Cross Country Schedule

Friday, September 30th – Cobblestone Invitational @ Granite Oaks Middle School @ 4:00
(Meet coaches by the softball backstops near the Track)

Cobblestone is hosting this meet, we need as many parent volunteers as possible to help the meet run smoothly. Please meet at Granite Oaks Middle School near the track at 2:30 or earlier if possible. Contact Joy Gladden @ jgladden@rocklin.k12.ca.us to volunteer.

Thanks for your help.

Thursday, October 6th – Rock Creek/Whitney H. S. @ Whitney High School @ 4:00
(Meet Coaches on the upper field)

Thursday, October 13th – Spring View M. S. @ Spring View Middle School @ 4:00
(Meet coaches on the track)

Friday, October 21st – Breen Invitational @ Granite Oaks Middle School @ 4:00
(Meet coaches by the softball backstops near the Track)

Wednesday, October 26th – Rocklin Academy Monster Mile @ Johnson Spring View Park @ 4:00
(Meet coaches near the starting line)

Thank you so much for your support of this program. I will keep you updated on changes. **This is a tentative schedule, information will go out when there are any changes. There will be more meet information to come.**

Any questions email:
dlacoste@rocklin.k12.ca.us

Thanks for your help,
Mr. Lacoste