

CROSS COUNTRY @ JW

WHO? All 7th and 8th grade students!

WHEN? Practice begins on Tuesday, September 12th

Practices are held Tuesdays, Wednesdays, Thursdays - - - 3:00-4:15

Activity buses WILL NOT be available for the majority of the season. Athletes must arrange their own ride home

HOW DO I SIGN UP?

- ☐ Registration must be completed on [ParentVue](#). See the [ParentVue Support Guide](#) for help.
- ☐ You must have a current physical. Complete [Pre-Participation Physical Evaluation Form](#).
- ☐ **Registration must be completed by Monday, September 11th.**

Contact Alexis Felix @ alexis_f_felix@mcpsmd.org with questions.

2023 CROSS COUNTRY MEET SCHEDULE

9/28/2023 vs. Hoover - HOME

10/4/2023 vs. Cabin John - AWAY

10/17/2023 vs. Frost - AWAY

10/26/2023 vs. Wood - HOME

11/2/2023 vs. Pyle - AWAY

*** Meets will start @ 3:30***

