

Franklin Cross Country

Practice will start at 3:00 p.m. on Monday, August 28th outside near the PE doors.

Look at the schedule for morning and afternoon practice times.

To be excused from a practice or if you come late, you must bring a pass. Unexcused practice will result in missing a meet.

All personal belongings must be locked up in your locker.

Always plan on running outside. Bring layers and keep them here at school. Mornings can be chilly, so bring hats and gloves.

It is expected that you put forth a quality effort at practice and meets. The lack of effort in practice may result in missing a meet.

Cross Country Meets:

- Bring layers of clothing, especially later in the season.
- Bring water!!!
- Must bring a signed permission form if you are not riding home on the bus.

Schedule:

- September 5: C.R. Invitational @ Noelridge Park
- September 14: Metro Invitation @ Cherry Hill Park
- September 19: Center Point-Urbana Invitational @ Center Point Elementary
- September 26: Iowa City West Inv. @ Univ. of Iowa's Ashton Cross Country course
- October 3: West Delaware Invitational in Manchester (Fairgrounds)
- October 10: E. Iowa MS Invite @ Noelridge

Pictures will be September 21st at 3:00. We will practice afterwards.

Parents: If you would like to receive results and/or information about the meets through email, please let me know at: jhetrick@cr.k12.ia.us

The following MUST be taken care of in order to practice:

- *Physical on file * Updated Concussion Form completed *Emergency Card