



## Metro Middle School Cross-Country Season

Do you enjoy running and representing your school?  
The Middle School Cross-Country Season is for you.

The season is a **FOUR** race season.

- Run one race or all **FOUR**
- Team and Individual scoring for all participants

All you need to do is get cleared at the ASB and show up for the race.  
❖ Athletes must wear a PE shirt or a singlet that has school name.

### Meet Dates:

- Meet 1 - September 11 at Olympian High School
- Meet 2 - October 9 at Otay Ranch High School
- Meet 3 - October 16 at Olympian High School
- Meet 4 - October 30 at Otay Ranch High School

9:30am	7 <sup>th</sup> grade girls
10:00am	7 <sup>th</sup> grade boys
10:30am	8 <sup>th</sup> grade girls*
11:00am	8 <sup>th</sup> grade boys*

- 8<sup>TH</sup> grade girl and boy race will be scored to determine league champion. If you have a 7<sup>th</sup> grader that is one of your top runners you can run them in the 8<sup>th</sup> grade race to help score for your team.