

Jr High Cross Country Schedule - September 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Labor Day - Easy run on your own	2 Meet @ Western Brown - Bus leaves	3 4:45 - 6	4 4:45 - 6	5	6 Run on your own
7	8 2:45 - 3:45	9 Meet @ Manchester Bus leaves 3:00	10 2:45 - 3:45	11 2:45 - 3:45	12	13 Meet @ Bethel 8:00pm
14	15 2:45 - 4:00	16 2:45 - 4:00	17 4:45 - 6	18 2:45 - 4:00	19	20 Run on your own
21	22 Fair Parade - 5:00	23 8-9:30 am	24 Run on your own	25 8-9:30 am	26	27 Run on your own
28	29 2:45 - 4:00	30 Meet @ CHCA	1	2	3	4

- We will meet at the GHS track unless noted differently on the schedule. Please arrive 5 minutes early. We will start on time.
- Please bring your own water bottle, running watch, stretching rope and yoga mat to every conditioning session.
- Contact Racheal Osman: (937) 205-3475 or via Remind