



## 2025 CROSS COUNTRY SCHEDULE

**Coach Washington Contact  
info:**

**(901) 314-2874**

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MEET # 1 5K Family Day- \$30	August 30 <sup>th</sup> East Parkway Pavilion- PKWY N	7:30A.M.- Overton Park (Memphis/Midtown)
MEET # 2	September 8 <sup>th</sup> & 9 <sup>th</sup>	ES-8 <sup>th</sup> / MS 9 <sup>th</sup> B- 5:10P/ G- 5:30P
MEET # 3	September 15 <sup>th</sup> & 16 <sup>th</sup>	ES-15 <sup>th</sup> / MS 16 <sup>th</sup> B- 5:10P/ G- 5:30P
MEET # 4	September 22 <sup>nd</sup> & 23 <sup>rd</sup>	ES-22 <sup>nd</sup> / MS 23 <sup>rd</sup> B- 5:10P/ G- 5:30P
MEET # 5- Rochelle Stevens Cross Country Meet- \$25	September 27 <sup>th</sup> 419 W.C Johnson Park Drive (off Byhalia Road N)	7:30 A. M- W. C Johnson Park (Collierville)
MEET # 6-	September 29 <sup>th</sup> & 30 <sup>th</sup>	ES-29 <sup>th</sup> / MS 30 <sup>th</sup> B- 5:10P/ G- 5:30P



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MEET # 7-	October 6 <sup>th</sup> & 7 <sup>th</sup>	ES-6 <sup>th</sup> / MS 7 <sup>th</sup> B- 5:10P/ G- 5:30P
MEET # 8-	October 13 <sup>th</sup> & 14 <sup>th</sup>	ES-13 <sup>th</sup> / MS 14 <sup>th</sup> B- 5:10P/ G- 5:30P
MEET# 9-	October 20 <sup>th</sup> & 21 <sup>st</sup>	ES-20 <sup>th</sup> / MS 21 <sup>st</sup> B- 5:10P/ G- 5:30P

**Training fees: \$150 for the entire season, the running uniform is NOT included.**

**Training location: Gaisman Community Center- 4221 Macon Rd, Memphis, TN 38122**

**Note: Parents will register their own child online at the host website for the following meets: 5K Family Day at Overton Park and the Rochelle Stevens Cross Country Meet. These meets are in addition to the training fees for the season.**

**NOTE: PLEASE BE PREPARED FOR RAIN**

**THINGS TO BRING:**

TOWELS

LAWN CHAIRS,

UMBRELLAS

EXTRA CHANGE OF CLOTHES