

## 2019 MOLALLA RIVER MIDDLE SCHOOL CROSS COUNTRY: JOIN US

**Coaches:** Carl Sniffen and Sheron Farner (Molalla HS Coaches)

**Times:** Practice: 2:30-3:15 Monday-Thursday at the Middle School soccer fields  
Meets: Days and times vary—see schedule below

**Dates:** Wednesday, September 4 through Wednesday, October 9 (some weekday and Saturday meets are included).

**Cost:** \$75—includes a jersey, meet entry fees, and transportation to/from meets

All 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> grade students are welcome. Each athlete needs a current physical, running shoes, practice clothes and sweats. Register online at Family ID:

<https://www.familyid.com/programs/middle-school-cross-country-team-2019> .

### Meet Schedule:

We will always strive to arrive at the Meet location one hour prior to the first race.

Date	Location	Race Start Time	Miscellaneous
Saturday September 7	Tualatin Invite at Tualatin High School	9:15 a.m.	optional
Saturday September 14	Northwest Classic at Lane CC, Eugene, OR	10 a.m.	Lunch stop on return
Saturday September 21	Highland Tree Farm Off Unger Road	10 a.m.	Home Meet for MRMS
Friday, Oct. 4	Berkey XC invite at Camp Magruder, Rockaway, OR	2 p.m.	
Wed., October 9	Estacada Invitational Mclver Park, Estacada	TBD	<b>Last Meet of the Season</b>
Week of October 14	Team Celebration	TBD	

Transportation provided by First Student. High School and Middle School teams will travel together to meets.

For more information, contact Coach Sniffen at 503-577-8955 or [carl.sniffen@molallariv.k12.or.us](mailto:carl.sniffen@molallariv.k12.or.us).

**“Leave Your Mark” WOLVERINE Cross Country**