



## LHS Cross Country Schedule - 2016

**Our CVC scored meets are on Tuesdays (and 1 Wednesday) Do not miss these meets for ANY reason!!**

In addition, there are multiple Saturday Invitational meets. These meets have entry fees. If FOR ANY REASON you are going to have a conflict with ANY of the Saturday meets, you **MUST** inform me **before** the season starts. If you skip a Saturday meet that we have paid an entry fee for you or miss a weekday meet for an unexcused reason, you will be suspended from a regular season meet. Report ALL conflicts to Coach immediately! (SAT's, etc)

<u>Opponent:</u>	<u>Location:</u>	<u>Bus leaves LHS:</u>	<u>Races start:</u>	<u>Bus returns to LHS:</u>	
Sat Sept 10	<b>Cherokee Challenge</b>	Cherokee H.S. Marlton NJ	8:00 am	9:30 am	2:00 pm
Tues Sept 13	<b>Trenton/Allentown</b>	Mercer County Park	3:00 pm	4:15 pm	6:30 pm
Tues Sept 20	<b>West Windsor South Notre Dame / WW North</b>	West Windsor North HS	3:00 pm	4:15 pm	6:30 pm
Sat Sept 24	<b>Six Flags/Great Adventure</b>	Jackson, NJ	TBD	TBD	TBD
Tues Sept 27	<b>Hamilton West</b>	Veterans Park	3:00 pm	4:15 pm	6:30 pm
<b>OCTOBER</b>					
Sat Oct 1	<b>Shore Coaches Invite</b>	Holmdel Park	TBD	TBD	TBD
Wed Oct 5	<b>Steinert/Ewing Robbinsville/Hopewell</b>	Veterans Park	3:00 pm	4:15 pm	6:30 pm
Sat Oct 8	<b>Fall Classic</b>	Thompson Park, Jamesburg	TBD	TBD	TBD
Tues Oct 18	<b>Princeton/Hightstown Nottingham</b>	Mercer County Park	3:00 pm	4:15 pm	6:30 pm
Fri Oct 28	<b>MERCER COUNTY CHAMPS (Freshman / JV / Varsity races)</b>	Thompson Park Jamesburg	TBD	TBD	6:30 pm
<b>NOVEMBER</b>					
Sat Nov 5	<b>SECTIONALS (Group 3-Central)</b>	Thompson Park, Jamesburg (Top 7 varsity only)	TBD	TBD	TBD

**For all Meets during the Week:**

- 1) Bus leaves at 3:00 pm sharp!
- 2) First race starts at 4:15 pm - 2<sup>nd</sup> race starts at 4:45ish
- 3) Each week alternates whose race is 1st . Girls start 1<sup>st</sup> week
- 4) Races are 5k (3.1 miles)
- 5) Everyone competes.
- 6) Everyone takes bus home

**For all weekend meets:**

- 1) We leave early in the morning....always confirm time!
- 2) Make sure to have some type of breakfast.
  - 3) Bring Trainer shoes AND spikes
- 4) **NO ONE** goes home with parents unless special circumstances AND MUST BE requested prior to day of meet!
- 5) Saturday Invitational and Championship results are posted at [njmilesplit.com](http://njmilesplit.com)