# **MBS Cross Country 2019**

Renee McKay

[rmckay.CC@yahoo.com](mailto:rmckay.CC@yahoo.com) | 504-813-7901

## Shoes/Uniforms

Black Shorts with MBS CC Jersey (Jersey provided by the school)

## Practices \*\*\*Not Mandatory\*\*\*

Start 8/12/19, Monday – Thursday from 5:30-7

If canceled, will email by 4:30 pm that afternoon

* Monday – Highland Road Park (HRP)
* Tuesday – Manchac Park
* Wednesday – Church Parking Lot
* Thursday – Airline Hwy State Fair Grounds

If locations change, I will notify via email.

## Volunteers

* CC Meets – Signup Genius will be setup for this
* Tent take Down
* Granola Bars
* Gatorade
* Fund Raiser – Will need plenty of help again this year
  + Raffle

## Meets

* 9.7.19 – St. Michael’s Bayou Boogie (HRP)
* 9.14.19– Episcopal Roundtable (HRP)
* 9.28.19– Battlefield (Port Hudson State Park)
* 10.5.19– St. Josephs (HRP)
* 10.12.19– Catholic High (HRP)
* 10.19.19– STM Eagle Dash (LSU Innovation Park)
* 11.2.19– EBR Metro (HRP)
* 11.9.19– Middle School State Meet (HRP)
* ?11.16.19? – JO Regional Tryouts (?Mississippi?)
* 12.14.19– JO (Madison, WI)