**Elk Rapids Cross Country 2019**

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| **Date** | **Event/Opponent** | **Location** | **Time** |
| Saturday, Sept. 7th | Charlevoix Mud Run | Charlevoix High School | 9 am (middle & high school) |
| Saturday, Sept. 14th | House on the Hill | Ellsworth High School | 10:30 am (middle & high school) |
| Tuesday, Sept. 17th | Kalkaska | Kalkaska High School | 4 pm (middle & high school) |
| Saturday, Sept. 21st | Petoskey Invitational | Petoskey High School | 9 am (middle & high school) |
| Tuesday, September 24th | Kalkaska | Camp Maplehurst, Kewadin, Michigan | JV/V boys 4pm, JV/V girls 4:30 pm, Middle School/Open Run for all ages 5pm |
| Wednesday, Oct. 2nd | Mancelona Invitational | Mancelona High School | 3pm (middle & high school) |
| Saturday, Oct. 12th | Lake Michigan Conference Championship | East Jordan High School | 10 am (middle & high school) |
| Saturday, Oct. 19th | Northern Michigan Conference Championships | Michawye Golf Course, Gaylord, Michigan | 9 am (middle & high school) |
| Saturday, Oct, 26th | Region 19 HIgh School Regionals | Location TBD | 10 am (high school only) |
| Saturday, Nov. 2nd | Michigan High School Finals | Brooklyn Speedway, Brooklyn, Michigan | High school only |

Any questions please contact Coach Ward @ [wardroofingllc@gmail.com](mailto:wardroofingllc@gmail.com) or 231-8835106

Summer workout (informal for middle and high school):

Monday - Friday, 8:30 am, meet at high school

First official practice:

Wednesday, August 14th (for high school athletes), 7:30 - 8:30 am, Monday - Friday

After school starts, practices will be Monday - Thursday from 2:45 - 4:00 pm