



ROCHESTER CENTRAL LUTHERAN SCHOOL
ATHLETICS DEPARTMENT
2619 9TH AVE. NW ROCHESTER, MN 55901
PHONE: (507) 289-3267 FAX: (507) 287-6588

RCLS Cross Country Schedule

2009

Boys & Girls Grades 5-8

<u>Date</u>	<u>Event</u>	<u>Time</u>
Wednesday, September 2 nd	Practice	3:00-4:00*
	<i>*parent meeting to follow in gymnasium</i>	
Tuesday, September 8 th	Practice	3:00-4:00
Wednesday, September 9 th	Practice	3:00-4:00
Saturday, September 12 th	@ Winona	10:00
Monday, September 14 th	Practice	3:00-4:00
Wednesday, September 16 th	Practice	3:00-4:00
Monday, September 21 st	RCLS Meet	4:00
Wednesday, September 23 rd	Practice	3:00-4:00
Monday, September 28 th	Practice	3:00-4:00
Wednesday, September 30 th	Practice	3:00-4:00
Friday, October 2 nd	@ Camp Omega	1:30
Saturday, October 24 th	State CC Meet	12:00



Giving our best, because He gave His best

