



Rochester Central Lutheran School
Athletics Department
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RCLS Cross Country Schedule

2007

Boys & Girls Grades 5-8

<u>Date</u>	<u>Event</u>	<u>Time</u>
Thursday, August 30 th	Practice	3-4
Wednesday, September 5 th	Practice	3-4
Wednesday, September 5 th	Parent Meeting	4:00
Saturday, September 8 th	@ Winona	10:00
Monday, September 10 th	Practice	3-4
Wednesday, September 12 th	Practice	3-4
Monday, September 17 th	Practice	3-4
Wednesday, September 19 th	Practice	3-4
Monday, September 24 th	RCLS Meet	4:00
Monday, October 1 st	Practice	3-4
Wednesday October 3 rd	Practice	3-4
Friday, October 5 th	Camp Omega Meet	1:30
Friday, October 12 th	State Qualifiers Meet Bloomington, MN	4:30



Giving our best, because He gave His best

