

# Beresford Watchdog Cross Country

*Week 6 Newsletter - September 26-September 30*

## This Week's Meet:

- **Friday, September 30 - Lennox Oriole Invite 4:00 P.M. @ Lenkota Golf Course Lennox, SD**

## Lennox Meet Information

**Date:** Friday, September 30, 2016

**Start Time:** 4:00 P.M.

**Location:** Lenkota Golf Course (1 ½ miles west of SD Hwy 44 and 17 Junction)

**Dismiss** 2:15

**Bus Leaves:** 2:30 P.M.

### **Schedule and Distances:**

4:00 P.M. Boys 5K

4:25 P.M. Girls 5K

4:55 P.M. JV Boys 4K

5:20 P.M. JV Girls 4K

5:55 P.M. JH Boys 3K

6:15 P.M. JH Girls 3K

**Medals:** Top 20 in JV and Varsity; Top 10 Ribbons for JH

**Trophies:** Winning Varsity Teams

**Entries:** Unlimited in all races

## This Week's Schedule at a Glance:

Monday, September 26 3:30-5:00 P.M. Practice

Tuesday, September 27

**6:30 A.M. Varsity Weights**

3:30-5:00 P.M. Practice

Wednesday, September 28 3:30-5:00 P.M. Practice

Thursday, September 29 3:30-5:00 P.M. Practice

**Friday, September 30 Lennox Oriole Invite 4:00 P.M.**

Saturday, September 24 9:00-10:00 A.M. Voluntary Practice

