

## BSS CROSS COUNTRY PRACTICE & MEET SCHEDULE

### PRACTICE SCHEDULE

The Sunday run are at 4:00 PM. Locations to be determined week to week. Although not mandatory they are necessary to compete in meets.

Regular weekday practices are Tuesday's from 3:00 PM to 4:15 PM

### MEET AND 5K SCHEDULE

Date	Time	Location
Wednesday, September 4, 2019	3:30 PM	Sacred Heart, 385 Lumen Christi Lane, Salisbury, NC 28147
Tuesday, September 17, 2019	4:00 PM	Ivey Redmond Park, 788 Beeson Rd, Kernersville, NC 27284
Wednesday, September 25, 2019	3:30 PM	Sacred Heart, 385 Lumen Christi Lane, Salisbury, NC 28147
Monday, September 30, 2019	3:30 PM	Bradford Acadamy, 939 S Third St, Mebane, NC 27302
Wednesday, October 16, 2019	4:00 PM	Blessed Sacrament, 1620 Hanford Rd, Graham, NC 27253
Saturday, October 19, 2019	8:30 AM	"I Will Survive 5K", Williams H.S., 1307 S Church St, Burlington, NC 27215