



## 2018 Middle School Sports Cross Country Schedule

Date/Location	Description	Time
<p style="text-align: center;">Thursday 10/4 Dorris Ranch 205 Dorris St.</p>	<p><b>King of the Hill</b> This 2K conditioning run starts at the Tomseth House and goes to the top of the Allen property Hill.</p>	<p style="text-align: center;">4:30pm</p>
<p style="text-align: center;">Thursday 10/11 Booth Kelly Trail Head 307 S. 5th St.</p>	<p><b>Mill Pond Pace Setter</b> This flat, paved 3K is the perfect course to set your pace for the races to come.</p>	<p style="text-align: center;">4:30pm</p>
<p style="text-align: center;">Sunday 10/14 Dorris Ranch 205 Dorris St.</p>	<p><b>Dorris Ranch Dirt Dash</b> This trail run is a great way for the athletes and their families to run together. Registration is free for all Middle School Sports Cross Country participants. Register at <a href="http://willamalane.org">willamalane.org</a></p>	<p style="text-align: center;">10:00am</p>
<p style="text-align: center;">Wednesday 10/17 Dorris Ranch 205 Dorris St.</p>	<p><b>The Barn Burner</b> This 3K out and back starts at the Dorris Ranch Barn and meanders through the filbert orchards.</p>	<p style="text-align: center;">4:30pm</p>
<p style="text-align: center;">Thursday 10/25 Jasper Road Trailhead 3238 Jasper Rd, Springfield, OR 97478</p>	<p><b>Swamp Pond Shuffle</b> This 3K out and back weaves through the wetlands and ponds between the Jasper Road Trailhead and Clearwater Park</p>	<p style="text-align: center;">4:30pm</p>
<p style="text-align: center;">Tuesday 10/30 Dorris Ranch 205 Dorris St.</p>	<p><b>District Finals</b> This meet is the moment you have been training for, a scored meet for all the bragging rights.</p>	<p style="text-align: center;">4:30pm</p>

Schedule subject to change Athletes will be notified of changes and responsible for communicating with parents.

Questions or concerns? Contact Zach Bessett at (541) 736-4009