

# XC Meet Information and Expectations

## 2019 Meet Schedule

August 22 @ Elkton Middle School

August 29 @ Montevideo Middle School

September 5 @ Rockingham County Fairgrounds

September 12 @ Montevideo Middle School

September 19 @ Thomas Harrison Middle School

September 25 Champs Meet @ Elkton Middle School (9/26 rain date)

\*All local meets start at approximately 4:30\*

## Meet Expectations

- All athletes will ride the bus to every meet.
- Athletes are expected to be respectful of the property and other runners at every event we attend. Our behavior is a reflection of our school, and we want to make a good impression!
- Athletes are encouraged to stay at meets until everyone is finished running their races in order to cheer on our teammates and bond as a team.
- Parents may take their child home from a meet, provided they sign out with Coach LaPrade or Coach Blanton before leaving the event.

Meet results will be posted on our team website, <https://wspmsxc.weebly.com/>, once they have been sent out to the coaches. A Remind notification will be sent to all parents/athletes once official results are posted.

Please feel free to contact Coach LaPrade at any point in the season if you have questions or concerns.

Coach Megan LaPrade

[mlaprade@rockingham.k12.va.us](mailto:mlaprade@rockingham.k12.va.us)

(540) 879- 2535

## August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4	5	6	7	8	9 No Practice	10
11	12 Practice 6:30-8:00	13 No practice Back to School Night	14 Practice 6:30-8:00	15 Practice 6:30-8:00	16 No Practice	17
18	19 Practice 6:30-8:00	20 Practice 3:18-5:00	21 Practice 3:18-5:00	22 Meet @ EMS	23 Practice 3:18-5:00	24
25	26 Practice 3:18-5:00	27 Practice 3:18-5:00	28 Practice 3:18-5:00	29 Meet @ MMS	30 Practice 3:18-5:00	31

## September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 School Holiday- No Practice	3 Practice 3:18-5:00	4 Practice 3:18-5:00	5 Meet @ Fairgrounds	6 Practice 3:18-5:00	7
8	9 Practice 3:18-5:00	10 Practice 3:18-5:00	11 Practice 3:18-5:00	12 Meet @ MMS	13 Practice 3:18-5:00	14
15	16 Practice 3:18-5:00	17 Practice 3:18-5:00	18 Practice 3:18-5:00	19 Meet @ THMS	20 Early Release- No Practice	21
22	23 Practice 3:18-5:00	24 Practice 3:18-5:00	25 Champs @ EMS	26	27	28