

2009 FLASH CROSS COUNTRY SCHEDULE

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Fall Practices-	<ul style="list-style-type: none"> * M/W/F @ 5:30-7, starting Mon., Aug. 31 (5:00 starting Sept. 29) * Mon//Fri at NFHS Track * Wednesday practices and Saturday mornings (9 am) will meet at various locations for trail runs (watch for e-mails)
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<u>DATE</u>	<u>TIME</u>	<u>EVENT</u>	<u>LOCATION</u>
Tuesday, Sept. 15	2:45 pm	Meet @ Newtown (J.Hollow, Schaghticoke) Races start at 4:00 pm, prior to NFHS Rebel Meet	Reed Intermediate
Wed., Sept. 23	2:45 pm	Meet @Fairfield Woods (Wilton, E.Ridge, Newtown, Tomlinson) Races start at 4:30 pm	Fairfield Woods MS
Saturday, Sept. 26	8:30 start	Trumbull Invitational No Bus. Meet is combined with high school meet.	Trumbull HS
Wed., Sept. 30	2:45 pm	Meet @Schaghticoke (Newtown, FW, JH) Races start at 4:30 pm	Schaghticoke MS New Milford
Saturday, Oct. 3	9 am	Wilton Invitational No Bus Both meets are combined with high school meets	Allen's Meadow Wilton
Tuesday, Oct. 6	2:45 pm	Home Meet (Schagh., JH, Tomlinson) Races start at 4 pm, but athletes come directly from school	NFHS Track
Tuesday, Oct. 13	2:45 pm	Home Meet (FW, S.Ridge, Schagh, Roch) Races start at 4 pm, but athletes come directly from school	NFHS Track
Friday, Oct. 16	2:45 pm	Port Chester Invitational Port Chester is invitation only	Port Chester, NY MS
Wednesday, Oct. 21	2:45 pm	Meet @ Rochambeau Races start at 4:30	Rochambeau MS Southbury
Friday, Oct. 30	2:45 pm	Bethel Invitational (WCC Championship) Races start at 4:30 pm	Bethel MS
Saturday, Nov. 7	8 am	Connecticut Middle School Championships Races start at 10:30 am	Wickham Park Manchester, CT
Sunday, Nov. 15	10 am	State Junior Olympic Finals No Bus USATF Registration needed	White Memorial Park Litchfield, CT
Sunday, Nov. 22	10 am	Run for the Turkeys 5K	NFHS
Sunday, Dec. 5	TBD	National Youth XC Championships Qualifiers only. Individual transportation.	Nashville, Tennessee