

# Lincoln Street School – Cross Country Schedule

**Practices:** All practices are on Mondays from 3:00-4:00, **except the first and last practices** (see schedule below). I encourage runners to get some kind of stretching and running in on the off days.

**Meets:** All meets will be on **Wednesdays**. Runners will be running a one-mile long course on trails and pavement. All runners will be bused to the meet from Lincoln Street School, except for **September 21, 2016** due to an early release day.

## Lincoln Street School Practice Schedule

Date	Day
Sept. 6	<b><u>TUESDAY</u></b>
Sept. 12	Monday
Sept. 19	Monday
Sept. 26	Monday
Oct. 3	Monday
Oct. 11	<b><u>TUESDAY</u></b>

## **2016 SAU 16 Cross-Country Meet Schedule**

Date	Place	Day
9/14	Stratham Memorial School	Wednesday
9/21	Swasey Elementary (Brentwood)	<b>Wednesday (*Early Release Day, NO BUS)</b>
9/28	Newmarket High School	Wednesday
10/5	Sawyer Park (Hosted by Kensington)	<b>Wednesday (*Early Release Day, NO BUS)</b>
10/12	Stratham Hill Park (Hosted by EKES)	Wednesday

**Please Note:** \*There will no bus transportation to the 9/21 meet to Swasey Elementary in Brentwood and the 10/5 meet to Sawyer Park (Hosted by Kensington) as it is an early release day for Lincoln Street School Students. Parents must provide their own transportation to and from the meet on this day.

Any questions or concerns call or e-mail. Thanks and get excited!

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