

# Cross Country Newsletter Nov 10, 2019 Florence Track Club

**Practice This Week**      Monday, Nov 11<sup>th</sup> @ 4:15 p.m. West Florence  
Tuesday, Nov 12<sup>th</sup> @ 4:15 p.m. McLeod Health and Fitness Rail Trail  
Thursday, Nov 15<sup>th</sup> – No practice - Banquet

**Dates to Know**            Nov 14<sup>th</sup> – Banquet @Pearl Moore Basketball Center @ 6:00 p.m.  
Nov 23<sup>rd</sup> – Region Meet at Tallahassee  
Nov 30<sup>th</sup> – Footlocker South Regional at Charlotte  
December 14<sup>th</sup>- Nationals in Madison, WI

**Upcoming Meets**        Congratulations to all of our athletes who competed this weekend at the State Meet. We had a great meet and all of our athletes did an amazing job! I am so proud of our club! I'm still waiting on official results. As soon as they are in, I will let you know who qualified for the Region Meet. I will need to know who plans to participate in the Region Meet soon after notification.

**T-shirts**                    T-shirts are in! If you have not received one, please see me!

**Car Wash**                **Please mark your calendars. We usually hold a car wash before the National Meet. We plan to hold a car wash on December 7<sup>th</sup>. More information will be provided at a later date.**