

Cross Country Newsletter Nov 17, 2019 Florence Track Club

Practice This Week

Monday, Nov 18th @ 4:15 p.m. West Florence

Tuesday, Nov 19th @ 4:15 p.m. McLeod Health and Fitness Rail Trail

Thursday, Nov 21th @ 4:15 p.m. West Florence

Dates to Know

Nov 23rd – Region Meet at Tallahassee

Nov 30th – Footlocker South Regional at Charlotte

December 14th- Nationals in Madison, WI

Upcoming Meets

Please let me know ASAP if your athlete qualified for the Region Meet and would like to participate. Also, please consider whether your athlete will compete in Nationals if they qualify.

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 7th. More information will be provided at a later date.