

Cross Country Newsletter Oct 13, 2019 Florence Track Club

Practice This Week Monday, Oct 14th @ 5:05 p.m. West Florence
Tuesday, Oct 15th @ 5:05 McLeod Health and Fitness Rail Trail
Thursday, Oct 17th – No Practice

Dates to Know October 19th – James Island Meet
October 21st – Last day to register for Aiken Meet (Palmetto)
October 26th – Aiken Meet (Palmetto)

Shirts Thank you to everyone who came out to our tie dye party. Our athletes were able to have a little fun to help celebrate the hard work they have been putting in at practice. I will get the shirts to the printer this week and will hand them out as soon as the printer is finished. Special thanks to our hosts!

Upcoming Meets Please let me know by Oct 21st if your athlete plans to attend the Aiken/Palmetto meet on Saturday, October 26th. Also registration will begin for the State Meet held on November 9th in Aiken. The last day to register for the State Meet will be November 1st.

Birth Certificates **If your athlete plans to participate in the State meet on November 9th in Aiken, please make sure that I have a birth certificate on file. If your athlete has not participated in track or cross country in the past, most likely I will need a copy of their birth certificate. This is for age verification purposes only.**