

Cross Country Newsletter Oct 7, 2019 Florence Track Club

Practice This Week Monday, Oct 7th @ 5:20 p.m. West Florence
Tuesday, Oct 8th @ 5:20 McLeod Health and Fitness Rail Trail
Thursday, Oct 10th @ 5:20 Freedom Florence

Dates to Know **October 9th – Trinity Byrnes 5K Meet @ 4:30**
October 12th – Columbia Meet
October 13th – Last day to sign up for James Island Meet
October 13th – Tie Dye Party 2:00 – 4:00
October 19th – James Island Meet

Upcoming Meets We have the sign up form on the announcement page of our website for the James Island Meet on October 19th. Please let me know by Oct 13th if your athlete plans to attend.

Tie Dye Party We will be having our annual tie dye party on Sunday, October 13th from 2:00 until 4:00. Please RSVP on the website if your athlete plans to attend. I will send out directions to the location later in the week.

State and Region **Our State Meet will be held in Aiken, SC on November 9th and our Region Meet will be held in Tallahassee, FL on November 23rd.**