

Heritage/Friendly Hills Middle School Cross Country Schedule

Thursday, September 16th @ Hastings High School

Thursday, September 23rd @ White Bear Lake

Thursday, September 30th @ Stillwater

Monday, October 4th @ Oakland

Monday, October 11th @ Centennial

Thursday, October 14th @ White Bear Lake (SEC/METRO EAST CHAMPIONSHIP MEET)

- *3:45pm Start Times*
- *Racing distance should be 2K / 1.25 miles*
- *4 races can be split into 6/7 girls, 6/7 boys, 8th boys and 8th girls depending on numbers*

Cross Country Sites

** Hastings High School*

** White Bear Lake - Lakewood Hills*

** Stillwater - Washington County FairGrounds*

** Oakland - Lake Elmo Park Reserve *Meet starts and ends at the Nordic Center**

**Centennial*