



**FRONTIER MIDDLE SCHOOL**

**CROSS COUNTRY  
PRACTICES**

**MONDAY, TUESDAY, THURSDAY, FRIDAY**

**3:00PM - 4:00PM**



**MEETS**

**SEPTEMBER 8 - TIMBERLINE**

**15 - FRONTIER**

**22 - OAK CANYON**

**29 - LAKERIDGE**

**CHAMPIONSHIPS**

**OCTOBER 6 - LAKERIDGE**