



Long MS

(G) 7/8TH Cross Country

Coaches:

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	TRANSPORTATION / NON-LEAGUE
Sep 16, 2023	Sat	Meet (DCA XC Invitational)	Vs. Multiple	8:00 AM	11:00 PM	Jesse Owens Memorial Complex	NL
Oct 7, 2023	Sat	Meet (Middle School District Meet)	Vs. Multiple	8:00 AM	11:00 AM	Jesse Owens Memorial Complex	NL

Date: 2026-01-10