**FOREST HILLS**

**VARSITY CROSS COUNTRY AS OF (8/27/24)**

**2024**

***Date Day Place Time Bus***

9/6 FRI MADISON 3:15 walk/4:15 RACE 1:15 p.m.

 Weston Woods and Waters (382-380 Weston Ave, Madison, ME 04950)

9/23 MON VALLEY\*(MS/HS) 3:00 walk/4:00 RACE 1:30 p.m.

10/1 TUE SPRUCE MOUNTAIN 2:45 walk/3:45 RACE 11:30 a.m.

 33 Community Dr, Jay, ME 04239

10/2 WED HOME (MS Meet) 3:00 walk/4:00 RACE N/A

10/11 FRI LISBON 2:45 walk/3:45 RACE 11:00 a.m.

 Beaver Park, (Pinewoods Rd, Lisbon, Me, 04250, US)

10/16 WED EAST-WEST CHAMPIONSHIP

 @ UMA 2:45 walk/3:45 RACE 12:15 p.m.

Boys RUN First

10/26 SAT MPA Regional Championship Girls @11:40/Boys @11 a.m. 6:30 a.m.

 @ Twin Brook Recreation Park

 Cumberland, ME

11/2 SAT State Championships TBD TBD

If individual only:

\*NO BUS/Parent/Guardian responsibility\*

Head Coach: Lindsay Begin

Assistant Coach: Michelle Oliver

MS Coach: Jenna Scrivner

Athletic Director: Evan Worster

Phone: (207) 668-5291