**FOREST HILLS**

**VARSITY CROSS COUNTRY AS OF (10/10/23)**

**2023**

***Date Day Place Time Bus***

9/25 MON VALLEY\*(MS/HS) 3:00 walk/4:00 RACE 1:30 p.m.

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

10/6 FRI LISBON 2:45 walk/3:45 RACE 11:00 a.m.

10/11 WED EAST-WEST CHAMPIONSHIP

 @ Thomas College 3:00 walk/4:00 RACE 12:15 p.m.

10/21 SAT MPA Regional Championship Girls @12:20/Boys @1 p.m. 7:30 a.m.

 @ Twin Brook Recreation Park

 Cumberland, ME

10/28 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