

**Merton Area Running Club**  
**2018 Boys and Girls Cross Country Season Schedule**  
[www.marctrack.com](http://www.marctrack.com) [marctrackcc@gmail.com](mailto:marctrackcc@gmail.com)  
as of 7/24/18

	Date	Event	Location	Who	Time
Monday	August 20, 2018	Practice	Arrowhead HS CC Course - NW School Grounds	1st - 8th graders	5:15 - 6:30
Wednesday	August 22, 2018	Practice	Arrowhead HS CC Course - NW School Grounds	1st - 8th graders	5:15 - 6:30
<b>Saturday</b>	<b>August 25, 2018</b>	<b>West Bend HS - CC Meet - 1.5 miles</b>		<b>All Ages</b>	<b>9:00 AM</b>
Monday	August 27, 2018	Practice	Arrowhead HS CC Course - NW School Grounds	1st - 8th graders	5:00 - 6:15
Wednesday	August 29, 2018	Practice	Arrowhead HS CC Course - NW School Grounds	1st - 8th graders	5:00 - 6:15
Saturday	September 1, 2018	Long Run	Nashotah Park	Those who can run 2 miles	9:00 - 10:00
Monday	September 3, 2018	Practice	Arrowhead HS CC Course - NW School Grounds	1st - 8th graders	4:00 - 5:15
Wednesday	September 5, 2018	Practice	Arrowhead HS CC Course - NW School Grounds	1st - 8th graders	5:00 - 6:15
Saturday	September 8, 2018	Long Run	Nashotah Park	Those who can run 2 miles	9:00 - 10:00
Monday	September 10, 2018	Practice	Arrowhead HS CC Course - NW School Grounds	1st - 8th graders	5:00 - 6:15
Wednesday	September 12, 2018	Practice	Arrowhead HS CC Course - NW School Grounds	1st - 8th graders	5:00 - 6:15
<b>Thursday</b>	<b>September 13, 2018</b>	<b>AHS 1 Mile Timed Run - Arrowhead HS CC Course - NW AHS School Grounds</b>		<b>All Ages</b>	<b>5:15</b>
<b>Saturday</b>	<b>September 15, 2018</b>	<b>Waukesha South CC Festival – Minooka Park, Waukesha</b> <b>1.2 Mile Course, Chip Timing, Awards</b>		<b>6th - 8th graders</b> Younger if approp	<b>11:30</b>
Monday	September 17, 2018	Practice	Arrowhead HS CC Course - NW School Grounds	1st - 8th graders	5:00 - 6:15
Wednesday	September 19, 2018	Practice	Arrowhead HS CC Course - NW School Grounds	1st - 8th graders	5:00 - 6:15
<b>Friday</b>	<b>September 21, 2018</b>	<b>AHS Grade School Invite- Race distance depends on age</b> <b>1/4 mile to 1 mile - Arrowhead CC Course</b>		<b>All Ages</b>	<b>4:45</b>
<b>Saturday</b>	<b>September 22, 2018</b>	<b>Janesville Craig Invite-1 mile-Blackhawk Golf Course</b>		<b>4th - 8th graders</b>	<b>12:30</b>
Monday	September 24, 2018	Practice	Arrowhead HS CC Course - NW School Grounds	1st - 8th graders	5:00 - 6:15
Wednesday	September 26, 2018	Practice	Arrowhead HS CC Course - NW School Grounds	1st - 8th graders	5:00 - 6:15
<b>Saturday</b>	<b>September 29, 2018</b>	<b>Wisc. Luth College - Gr Sch Invite - Greenfield Park</b> <b>4th, 5th, 6th Grade --- 7th, 8th Grade - 1.5 Mile course</b>		<b>4th - 8th graders</b>	<b>9:30</b>
Monday	October 1, 2018	Practice	Arrowhead HS CC Course - NW School Grounds	1st - 8th graders	5:00 - 6:15
Wednesday	October 3, 2018	Practice	Arrowhead HS CC Course - NW School Grounds	1st - 8th graders	5:00 - 6:15
Saturday	October 6, 2018	Long Run	Nashotah Park	Those who can run 2 miles	9:00 - 10:00
Monday	October 8, 2018	Practice	Arrowhead HS CC Course - NW School Grounds	1st - 8th graders	5:00 - 6:15
Wednesday	October 10, 2018	Practice	Arrowhead HS CC Course - NW School Grounds	1st - 8th graders	5:00 - 6:15
<b>Friday</b>	<b>October 12, 2018</b>	<b>Wisc. Luth College - Gr Sch Challenge - Greenfield Park</b> <b>7-8 Grade - Qualifiers - 4-5-6 Grade if Qualify 1.5 Mile Course</b>		<b>Qualifiers</b>	<b>5:00</b>
Monday	October 15, 2018	Practice	Arrowhead HS CC Course - NW School Grounds	1st - 8th graders	5:00 - 6:15
Wednesday	October 17, 2018	Practice	Arrowhead HS CC Course - NW School Grounds	1st - 8th graders	5:00 - 6:15
Saturday	October 20, 2018	Long Run	Nashotah Park	Those who can run 2 miles	9:00 - 10:00
Monday	October 22, 2018	Practice	Arrowhead HS CC Course - NW School Grounds	1st - 8th graders	5:00 - 6:15
Wednesday	October 24, 2018	Practice	Arrowhead HS CC Course - NW School Grounds	1st - 8th graders	5:00 - 6:15
Saturday	October 27, 2018	Long Run	Nashotah Park	Those who can run 2 miles	9:00 - 10:00
Monday	October 29, 2018	Practice	Arrowhead HS CC Course - NW School Grounds	1st - 8th graders	5:00 - 6:15
Wednesday	October 31, 2018	Practice	Arrowhead HS CC Course - NW School Grounds	1st - 8th graders	5:00 - 6:15
<b>Saturday</b>	<b>November 3, 2018</b>	<b>Lace Up for Orphans 5k at Lake Country Lutheran High School</b>		<b>All Ages</b>	<b>9:30</b>
<b>Sunday</b>	<b>November 4, 2018</b>	<b>USATF State Meet at UW Parkside - Race Distances depend on age</b>		<b>All Ages</b>	<b>9:00</b>