

**Merton Area Running Club**  
**2019 Boys and Girls Cross Country Season Schedule**  
[www.marctrack.com](http://www.marctrack.com) [marctrackcc@gmail.com](mailto:marctrackcc@gmail.com)

	Date	Event	Location	Who	Time
Monday	August 26, 2019	Practice	Arrowhead HS CC Course - NW School Grounds	1st - 8th graders	5:15 to 6:30
Wednesday	August 28, 2019	Practice	Arrowhead HS CC Course - NW School Grounds	1st - 8th graders	5:15 to 6:30
<b>Saturday</b>	<b>August 31, 2019</b>		<b>West Bend HS - CC Meet - 1.5 miles</b>	<b>All Ages</b>	<b>9:00 AM</b>
Monday	September 2, 2019	Practice	Arrowhead HS CC Course - NW School Grounds	1st - 8th graders	4:00 - 5:15
Wednesday	September 4, 2019	Practice	Arrowhead HS CC Course - NW School Grounds	1st - 8th graders	5:15 to 6:30
<b>Saturday</b>	<b>September 7, 2019</b>		<b>Nashotah Park - Time Trial - Coach Straka</b>	<b>All Ages</b>	<b>9:00 AM</b>
Monday	September 9, 2019	Practice	Arrowhead HS CC Course - NW School Grounds	1st - 8th graders	5:15 to 6:30
Wednesday	September 11, 2019	Practice	Arrowhead HS CC Course - NW School Grounds	1st - 8th graders	5:15 to 6:30
Saturday	September 14, 2019	Practice	Location TBD - Long Run	1st - 8th graders	Time TBD
Monday	September 16, 2019	Practice	Arrowhead HS CC Course - NW School Grounds	1st - 8th graders	5:15 to 6:30
Wednesday	September 18, 2019	Practice	Arrowhead HS CC Course - NW School Grounds	1st - 8th graders	5:15 to 6:30
<b>Friday</b>	<b>September 20, 2019</b>	<b>AHS Grade School Invite- Race distance depends on age 1/4 mile to 1 mile - Arrowhead CC Course</b>		<b>All Ages</b>	<b>4:45</b>
<b>Saturday</b>	<b>September 21, 2019</b>	<b>Waukesha South CC Festival – Minooka Park, Waukesha 1.2 Mile Course, Chip Timing, Awards</b>		<b>6th - 8th graders</b> Younger if approp	<b>11:30</b>
Monday	September 23, 2019	Practice	Arrowhead HS CC Course - NW School Grounds	1st - 8th graders	5:15 to 6:30
Wednesday	September 25, 2019	Practice	Arrowhead HS CC Course - NW School Grounds	1st - 8th graders	5:15 to 6:30
<b>Saturday</b>	<b>September 28, 2019</b>	<b>Janesville Craig Invite-1 mile-Blackhawk Golf Course</b>		<b>4th - 8th graders</b>	<b>12:30</b>
Monday	September 30, 2019	Practice	Arrowhead HS CC Course - NW School Grounds	1st - 8th graders	5:15 to 6:30
Wednesday	October 2, 2019	Practice	Arrowhead HS CC Course - NW School Grounds	1st - 8th graders	5:15 to 6:30
<b>Saturday</b>	<b>October 5, 2019</b>	<b>Wisc. Luth College - Gr Sch Invite - Greenfield Park 4th, 5th, 6th Grade --- 7th, 8th Grade - 1.5 Mile course</b>		<b>4th - 8th graders</b>	<b>9:30</b>
Monday	October 7, 2019	Practice	Arrowhead HS CC Course - NW School Grounds	1st - 8th graders	5:15 to 6:30
Wednesday	October 9, 2019	Practice	Arrowhead HS CC Course - NW School Grounds	1st - 8th graders	5:15 to 6:30
<b>Friday</b>	<b>October 11, 2019</b>	<b>Wisc. Luth College - Gr Sch Challenge - Greenfield Park 7-8 Grade - Qualifiers - 4-5-6 Grade if Qualify 1.5 Mile Course</b>		Qualifiers	<b>5:00</b>
<b>Saturday</b>	<b>October 12, 2019</b>	<b>Wisconsin Dells Middle School State XC Meet</b>		<b>5th - 8th graders</b>	<b>TBD</b>
Monday	October 14, 2019	Practice	Arrowhead HS CC Course - NW School Grounds	1st - 8th graders	5:15 to 6:30
Wednesday	October 16, 2019	Practice	Arrowhead HS CC Course - NW School Grounds	1st - 8th graders	5:15 to 6:30
Saturday	October 19, 2019	Practice	Location TBD - Long Run	1st - 8th graders	Time TBD
Monday	October 21, 2019	Practice	Arrowhead HS CC Course - NW School Grounds	1st - 8th graders	5:15 to 6:30
Wednesday	October 23, 2019	Practice	Arrowhead HS CC Course - NW School Grounds	1st - 8th graders	5:15 to 6:30
Saturday	October 26, 2019	Practice	Location TBD - Long Run	1st - 8th graders	Time TBD
Monday	October 28, 2019	Practice	Arrowhead HS CC Course - NW School Grounds	1st - 8th graders	5:15 to 6:30
Wednesday	October 30, 2019	Practice	Arrowhead HS CC Course - NW School Grounds	1st - 8th graders	5:15 to 6:30
Saturday	November 2, 2019	Practice	Location TBD - Long Run	1st - 8th graders	Time TBD
Monday	November 4, 2019	Practice	Arrowhead HS CC Course - NW School Grounds	1st - 8th graders	5:15 to 6:30
Wednesday	November 6, 2019	Practice	Arrowhead HS CC Course - NW School Grounds	1st - 8th graders	5:15 to 6:30
<b>Saturday</b>	<b>November 9, 2019</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 10, 2019</b>	<b>USATF State Meet at Madison - Race Distances depend on age</b>		<b>All Ages</b>	<b>9:00</b>