



## **Academy at the Lakes MD Cross Country Schedule**

**2016**

**Coach- Jason Mouzakes**

**First practice: Monday August 22<sup>nd</sup> 3:30-4:30**

**Practices will be normally Monday-Thursday 3:30-4:30**

**Varsity will run all meets at 4:00 and J.V. will start at 4:30**

Tue Sept. 6 @ CDS

Mon Sept. 12 @ CDS

Tue Sept. 20 @ CDS

Mon Sept. 26 @ CDS

Wed Oct. 5 @ CDS

State Qualifier October 22<sup>nd</sup> – Varsity Only

State Meet October 29<sup>th</sup> – Varsity Only