



**2024 Cross Country Schedule 5th - 8th**

**Friday, September 6 - Practice**

**Friday, September 13 - Practice**

**Wednesday, September 18 -Living Word Meet**

**Friday, September 20 - Practice**

**Tuesday, September 24 - St. John's West Bend Meet**

**Tuesday, October 1 - Milwaukee Lutheran/Immanuel Meet  
@ Milwaukee Lutheran**

**Friday, October 4 - Practice**

**Wednesday, October 9 - Martin Luther/Hales Corners Meet  
@ Martin Luther High School  
(4:15 start time)**

**Saturday, October 12 - State Meet @ Concordia University Wisconsin  
(optional meet for athletes that want to participate)**

**Saturday, October 19 - Lake Country Lutheran Meet**

**Practice is from 3:15 - 4:15 on the listed dates. Runners can meet their coaches, Miss Jensen and Mrs. Lamphear, in the gym.**

**Pickup from practice will be outside the fieldhouse entrance.**