



2024 SENECA-IROQUOIS CROSS COUNTRY
COACH TIMPA /COACH ROGINSKI



Coach Timpa, mtimpa@cvs.k12.mi.us Coach Roginski, eroginski@cvs.k12.mi.us

Remind: TEXT 81010 type @dhsmsxc in the message

www.dhsc.wednet.edu

Summer Conditioning, plan to attend Monday, Tuesday, and Thursday
 @ Dakota between 9th grade center and the 10/12 building starting at 8am

<u>Day</u>	<u>Month</u>	<u>Date</u>	<u>Event</u>	<u>Time</u>	<u>Bus</u>
Sat	Sept	7	ALGONAC MUSKRAT CLASSIC RUN@ Stony Creek Eastwood Beach <i>(1.6 miles)</i>	9:00 AM (B) 9:15 AM (G)	7:15 AM
Sat	Sept	14	OLD SCHOOL CLASSIC @ Wolcott Mill Metropark <i>(2 miles)</i>	10:00 AM (BV) 10:30 AM (GV) 11:00 (BJV) 11:30 (GJV)	NO BUS
Sat	Sep	21	MID-SEASON SPECTACULAR @ Goodells Co. Park <i>(2 miles)</i>	9:30 AM (B) 10:00 AM (G)	7:30 AM
Thu	Oct	3	COUGARS XC CARNIVAL of RACES @ Dakota HS <i>(2 miles)</i>	5:20 PM (B) 5:40 PM (G)	-----
Sat	Oct	12	EASTSIDE INVITE @ Stony Creek Eastwood Beach <i>(2 miles)</i>	1:40 PM (GV) 2:10 PM (BV) 2:40 PM (JV)	NO BUS
Sat	Oct	19	MHSAA REGIONALS @ Dakota HS <i>(2 miles)</i>	10:00 AM (BV) 10:30 AM (GV) 11:00 AM (BJV) 11:30 AM (GJV)	-----
Mon	Oct	21	TEAM AWARDS BANQUET @ Dakota Atrium	3:15 PM	-----

NO RETURN BUS, PARENTS WILL NEED TO PICK UP ATHLETES AT THE MEET.

<https://www.athletic.net/team/83740/cross-country/2024>