

## Anchor Bay North Middle School Cross Country



September 4<sup>th</sup> First Day of Practice After School 3pm

To participate you must have a physical on or dated after April 15, 2024 (No Exceptions)

We are a No Cut Sport! (All 6<sup>th</sup> 7<sup>th</sup> and 8<sup>th</sup> Graders are welcome)

All Meets will be a Distance of 1.5 – 2.0 Miles in length

Updates will be made throughout the summer on the School Athletic Page. A calendar of season events and meets will be provided when we return to school.

If You Have Any Questions Feel Free to Contact Coach Cleverley

[mylescleverley@yahoo.com](mailto:mylescleverley@yahoo.com)

Go Sailors!