

2016 LCS Cross Country Team								
final draft as of 8/26/2016			V+MS					
			Varsity (V)					
			Middle School (MS)				extra	
Date	Day	Opponent	Team	Meet Ti	Location	Trans.	dismiss	cost
1-Aug	Mon	PRACTICE 3:30 PM			LCS Trails			
2-Aug	Tues	PRACTICE 3:30 PM			LCS Trails			
4-Aug	Thurs	PRACTICE 3:30 PM			LCS Trails			
6-Aug	Sat							
8-Aug	Mon	PRACTICE 3:30 PM-GET UNIFORMS			LCS Trails			
9-Aug	Tues	PRACTICE 3:30 PM			LCS Trails			
11-Aug	Thurs	PRACTICE 2nd Day of School 3:30			LCS Trails			
13-Aug	Sat							
15-Aug	Mon	PRACTICE 3:30 PM			LCS Trails			
16-Aug	Tues	PRACTICE 3:30 PM			LCS Trails			
18-Aug	Thurs	PRACTICE 3:30 PM			LCS Trails			
20-Aug	Sat							
22-Aug	Mon	PRACTICE 3:30 PM			LCS Trails			
23-Aug	Tues	PRACTICE 3:30 PM			LCS Trails			
25-Aug	Thurs	PRACTICE 3:30 PM			LCS Trails			
26-Aug	Fri	FRIDAY PRACTICE 3:30			LCS Trails			
27-Aug	Sat	Crosspointe Christian Aca.	Varsity	9AM	Williamson, GA	carpool	parents please RSVP!	
29-Aug	Mon	PRACTICE 3:30 PM			LCS Trails			
30-Aug	Tues	PRACTICE 3:30 PM			LCS Trails			
1-Sep	Thurs	PRACTICE 3:30 PM			LCS Trails			
2-Sep	Fri	Konos- Fayetteville	V+MS*	4PM	Heritage Church , Fayetteville	bus 2:30	2:20PM	
3-Sep	Sat							
5-Sep	Mon	LABOR DAY: NO SCHOOL/PRACTICE						
6-Sep	Tues	PRACTICE 3:30 PM						
7-Sep	Wed	Oak Mtn	V+MS	4:00PM	Carrolton, GA	bus 2:30	2:20PM	
8-Sep	Thurs	PRACTICE 3:30 PM			LCS Trails			
10-Sep	Sat	Cannonball 5K	all optional*	9AM	Nash Farms, Hampton	carpool		non-chip \$30
12-Sep	Mon	PRACTICE 3:30 PM			LCS Trails			
13-Sep	Tues	LCS host Varsity Meet	all help!!	4:30PM	LCS Trails			
15-Sep	Thurs	St Luke	MS	4:00PM		carpool	2:20 AM	
16-Sep	Fri	FRIDAY PRACTICE 3:30			LCS Trails			
17-Sep	Sat	Colonial Hills	V+MS*	9AM	Lithia Springs	carpool		
19-Sep	Mon	PRACTICE 3:30 PM			LCS Trails			
20-Sep	Tues	LCS hosts MS MEET	all help!!	4:30PM	LCS Trails			
22-Sep	Thurs	PRACTICE 3:30 PM			LCS Trails			
24-Sep	Sat	Praise Academy	V+MS*	9AM	Clinton Nature Preserve, Villa Rica	carpool		
26-Sep	Mon	PRACTICE 3:30 PM			LCS Trails			
27-Sep	Tues	Calvary	MS	4:00PM	Columbus TBD	carpool	2:20PM	
29-Sep	Thurs	PRACTICE 3:30 PM			LCS Trails			
30-Sep	Fri	FRIDAY PRACTICE 3:30			LCS Trails			
1-Oct	Sat							
3-Oct	Mon	PRACTICE 3:30 PM			LCS Trails			
4-Oct	Tues	Troup High School	Varsity	5:00PM	Troup HS	walk	3:30PM	
4-Oct	Tues	Troup MS Champs	MS	4:00PM	Gardner Newman	carpool	2:20PM	
6-Oct	Thurs	PRACTICE 3:30 PM	MS		LCS Trails	carpool	none	
6-Oct	Thurs	PRACTICE 3:30 PM	Varsity		LCS Trails			
7-Oct	Fri	Konos	V+MS*	4:00PM	Heritage Church , Fayetteville	bus 2:30	2:20PM	
8-Oct	Sat							
10-Oct	Mon	FALL BREAK: NO SCHOOL/PRACTICE						
11-Oct	Tues	Faith Middle School	MS	4:00PM	FT Benning	carpool	2:20PM	
13-Oct	Thurs	PRACTICE			LCS Trails			
14-Oct	Fri	FRIDAY PRACTICE 3:30			LCS Trails			
15-Oct	Sat							
17-Oct	Mon	Wynnbrook	MS	4:00PM	Idle Hour Park, Phenix City	carpool	2:20PM	
18-Oct	Tues	PRACTICE			LCS Trails			
20-Oct	Thurs	PRACTICE			LCS Trails			
21-Oct	Fri	FRIDAY PRACTICE 3:30						
22-Oct	Sat	Regions	Varsity all	TBD			bus	
24-Oct	Mon	St Anne	MS	4:00PM	Talbotton Park Columbus	carpool	2:20PM	
25-Oct	Tues	PRACTICE			LCS Trails			
27-Oct	Thurs	PRACTICE			LCS Trails			
29-Oct	Sat	State	all qualifers		Macon Industrial Childrens Home		bus	

\* = 7th and 8th grade runners with a chip can participate in MS or Varsity race

#NAME?