

# TRINITY BUFFS 2017 CROSS COUNTRY SCHEDULE



September 9 NHS Meet @ Ben Geren Regional Park

September 16 Siloam Springs

September 19 Trinity Invitational @ TJH

October 14 Van Buren @ Freshman Academy

\*\*Conference Meet @ Trinity (TBD)

\*\*Regionals @ Rogers High School (TBD)

\*\*Meets traditionally start at 9 a.m. with girls running first.

## Practice times

M-W-F 7 a.m.—7:30 a.m.

Tues./Thurs. 3:30 p.m.—4 p.m.

All runners MUST attend at least 3 practices per week.