

2017 Helix Cross-Country Schedule Middle School

<u>Date</u>	<u>Meet</u>	<u>Location</u>	<u>Start Times</u>
Aug. 18 th - Fri.	Run for the Fight <i>Parent Meeting & BBQ Potluck - 6:00pm</i>	Helix Track	8:00am Fri. to 8:00am Sat.
Sept. 9 th - Sat.	Runner's Soul XC Fest	Hermiston, OR Sandstone MS	MS Girls - 10:00am MS Boys - 10:25am
Sept. 16 th - Sat.	Seaport Invite <i>(Camp Fri. & Sat. Night)</i>	Clarkston, WA Beachview Park	6 th Grade- 9:50am MS Girls - 10:20am MS Boys - 10:40am
Sept. 22 nd - Fri.	Footrace to Valhalla	Umatilla, OR Umatilla HS	MS B/G - 1:00pm
Sep. 28 th - Thur.	Bulldog Fest	Hermiston, OR Riverfront Park	MS Girls - 4:00pm MS Boys - 4:25pm
Sept. 29 th - Fri.	Bike & Run to Juniper <i>9 Mile Bike & Run</i>	Coach Newton's Pizza Diner	MS B/G - 3:30pm
Oct. 5 th - Thur.	Mustang Invitational	Heppner, OR Thompson Ranch	MS Girls - 3:00pm MS Boys - 3:30pm
Oct. 12 th - Thur..	Helix Stubblebuster Run	Helix	MS Girls - 1:00pm MS Boys - 1:25pm
Oct. 20 th - Fri.	EO MS Championships	Pendleton, OR Pendleton Comm. Park	6 th Grade - 4:00pm 7/8 Girls - 4:30pm 7/8 Boys - 5:00pm
Oct. 29 th - Sun.	State MS Championship	Monmouth, OR Western OR Univ.	MS Girls - 1:50pm MS Boys - 2:20pm
Nov. 11 th - Sat	Awards Party	Helix MP Room	Potluck - 5:30pm

When meet times are updated on **Athletic.net**, I will notify you of the changes. The schedule, runner's results and times, and directions to the meet can be found on Athletic.net. On the Athletic.net homepage click either High School or Middle School under the Cross-Country heading. Griswold High School will be found by clicking **Oregon** then clicking **Griswold** under **District 5 of the 1A,2A,3A** heading. Helix Middle School will be found by clicking **Oregon** then clicking **Helix** under the **Umatilla/Morrow MSAA** heading.

Times are subject to change.

September 25th, 2017