



2009 Cougar Cross Country Schedule

JV (6th -9th grades) run 1.5 mile races, Varsity (8th-12th grades) run 3.1 miles

Date-Opponent-Time-Place

8/29, Sat @ GISA Meet, Ga Children's Home, Macon, Ga. Leave TCS at 7am, return between 3 and 4pm
Students will need to bring money for lunch.

9/8, Tues @ AAC, Mill Springs Academy (4:00) Leave TCS at 3:00; bus returns between 6:30-7pm

9/15, Tues @ AAC, Hidden Lake Academy (4:00) Leave TCS at 2:15; bus returns between 7:30-8pm
We will eat dinner before returning, so students need to bring money.

9/22 Tues @ AAC, Mill Springs Academy (4:00) Leave TCS at 3:00; bus returns between 6:30-7pm

9/29, Tues @ AAC, Hidden Lake Academy (4:00) Leave TCS at 2:15; bus returns between 7:30-8pm
We will eat dinner before returning, so students need to bring money.

10/6, Tues @ AAC, Mill Springs Academy (4:00) Leave TCS at 3:00; bus returns between 6:30-7pm

10/14, Wed @ Mill Springs Academy-AAC Championship (4:00PM) Leave TCS at 3:00; bus returns between 6:30-7pm

10/17, Sat @ Heritage School—GISA AA/AAA Region Meet (10:00AM) Leave TCS at 7:30am, return at 4pm

10/31, Sat @ ?, GA-GISA State Meet (10:00AM) Leave/return time TBD