

# Cross Country

# 2019

# MARDELA

Day	Date	Time	Place	Dismissed
Wed	9/11	4:00	@ Decatur (45-50 min) (park at middle school, run at landfill)	1:45
Wed	9/18	3:00	@ CSD (30 min)	12:45
Wed	9/25	4:00	<b>HOME</b> (0 min)	2:45
Wed	10/2	3:45	@ WinterPlace Park (25-30 min)	1:45
Wed	10/9	4:00	@ NC (65 min) (Adkins Arboretum)	1:15
Wed	10/16	4:00	@WiHi (25-30 min) (Salisbury Park behind Civic Center)	2:15

For Baysides and Regionals there are a limited number of runners per team. Not everyone will be able to run these races. Runners will be chosen based on times over the season and general performance at practices and meets.

Wed	10/23	2:00	<b>Baysides @CSD</b> (30 min)	11:45
Thurs	10/31	2:30	<b>Regionals @CSD</b> (30 min)	12:15

### Teams in our region:

Cambridge South Dorchester, North Dorchester, Kent County, Crisfield, Washington, Pocomoke, Snow Hill, Bohemia Manor, Perryville, Havre de Grace, Joppatowne, Patterson Mill

Runners must qualify individually or as a team to run at **State Championships**.

Sat	11/9	1:30 Girls 2:30 Boys	<b>States@Hereford</b>	7:30 ?
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