



BOYS / GIRLS CROSS-COUNTRY  
STRONG MIDDLE SCHOOL  
FALL 2009

ATHLETIC COORDINATOR : KEVIN LARSON

COACHES : MELISSA BICHUN and ALAINA COLEGROVE

SEPT. 17 (Thurs.) : Rocky Hill           AWAY - Girls run 1<sup>st</sup>  
          22 (Tues.) : Portland            AWAY - Boys run 1<sup>st</sup>  
          29 (Tues.) : TEMS (Meriden) AWAY - Girls run 1<sup>st</sup>

OCT. 1 (Thurs.) : East Hampton / Berlin HOME - Boys run 1<sup>st</sup>  
          5 (Mon.) : Madison / Long River / Guilford and  
  Cromwell       HOME - Girls run 1<sup>st</sup>  
          8 (Thurs.) : Rham                AWAY - Boys run 1<sup>st</sup>  
          14 (Wed.) : Berlin               AWAY - Girls run 1<sup>st</sup>  
          16 (Fri.) : Rham / Portland       HOME - Girls run 1<sup>st</sup>  
          19 (Mon.) : Cromwell            AWAY - Boys run 1<sup>st</sup>  
          21 (Wed.) : East Hampton        AWAY - Girls run 1<sup>st</sup>  
          23 (Fri.) : TEMS / Guilford      HOME - Boys run 1<sup>st</sup>  
          26 (Mon.) : Rocky Hill / Guilford HOME - Girls run 1<sup>st</sup>  
          28 (Wed.) : MMSL Invitational @ Cromwell Middle School  
          29 (Thurs.) : MMSL Invitational - RAINDATE

HOME MEET SITE TBD

