



# 2022-23 DMPS



## 7<sup>th</sup>-8<sup>th</sup> Grade Middle School

Practice starts: 8/22/22

### Cross Country Schedule

| <u>Date</u>  | <u>Team</u>                                     | <u>Meet</u>                                      | <u>Location</u>          | <u>Start Time</u> |
|--------------|---|--|--------------------------|-------------------|
| September 1  | Hoover<br>North                                 | Johnston<br>Invitational                         | Johnston HS              | 4:00 pm           |
| September 6  | Lincoln   | Winterset<br>Invitational                        | Lakeview Country<br>Club | 4:30 pm           |
| September 13 | Lincoln<br>Roosevelt                            | Valley<br>Invitational                           | Valley Southwoods        | 4:00 pm           |
| September 15 | East<br>Hoover<br>North<br>Lincoln              | North<br>Invitational                            | Ewing Park               | 5:00 pm           |
| September 19 | Roosevelt                                       | Ankeny<br>Invitational                           | DMACC                    | 4:00 pm           |
| September 19 | Hoover<br>North<br>Lincoln                      | North Polk<br>Invitational                       | North Polk HS            | 4:30 pm           |
| September 20 | East  | Newton<br>Invitational                           | Maytag Park              | 4:00 pm           |
| September 26 | East<br>Hoover<br>Roosevelt                     | Ames<br>Invitational                             | ISU XC Course            | 4:00 pm           |
| October 6    | East<br>Hoover<br>North<br>Lincoln<br>Roosevelt | East<br>Invitational-<br><b>MS City<br/>Meet</b> | Ewing Park               | 5:40 pm           |
| October 11   | East<br>Hoover<br>North<br>Lincoln<br>Roosevelt | SE Polk<br>Invitational                          | SE Polk Junior High      | 4:30 pm           |