

2011 FMHS Cross Country Calendar

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| August 9 | CC Kick-off Picnic Location: Westchester Park Time: 6:30pm |
| August 15 | Time Trial Location: FMHS Track Time: 8:00pm |
| September 3 | Marcus Invitational Location: North Lakes Park, Denton |
| September 6 | Booster Club Meeting Location: FMHS Field House Time: 7:00pm |
| September 10 | Pioneer Trail Run Location: Tarrant County College, Hurst |
| September 17 | Flower Mound Invitational Location: Bakersfield Park, Flower Mound |
| September 24 | Practice Location: Flower Mound High School |
| October 1 | Colony Cougar Invitational Location: Hidden Cove Park, The Colony |
| October 4 | Booster Club Meeting Location: FMHS Field House Time: 7:00pm |
| October 8 | Nike South Invitational Location: The Woodlands |
| October 15 | Rick Neil Memorial Location: Lake Park, Lewisville |
| October 22 | District Practice Location: North Lakes Park, Denton |
| October 29 | District 8-5A Championships Location: North Lakes Park, Denton |
| November 1 | Booster Club Meeting Location: FMHS Field House Time: 7:00pm |
| *November 5 | Region 1-5A Championships Location: Mae Simmons Park, Lubbock |
| *November 12 | UIL State Championships Location: Old Settlers Park, Round Rock |
| December 6 | Booster Club Meeting Location: FMHS Field House Time: 7:00pm |
| TBD | Cross Country Banquet Location: TBD Time: TBD |

COACHES

Head Coach

Andrew Cook
972-762-9198

cooka@lisd.net

Assistant Coaches

Matthew Wright
Katy Dalak

*Varsity only and must qualify