

Alvord 2020 HS/JH girls Cross Country

We will begin hs girls cross country workouts on Aug 3. Every student athlete MUST have a physical before they can begin workouts. If you plan on running and do not yet have a physical, you must still show up for practice.

JH practice will begin on the second day of school. We will run during the period from 8-8:30 everyday.

Hs practice will have a schedule that will accommodate students who are in volleyball and cross country. It will be handed out to students, posted on the announcement board (in the athletics hall) and posted in the hs girls remind 101.

There will be a meet schedule attached along with a hs practice schedule for August. Both schedules are subject to change. Please continue to check the school's website and remind 101 for the most updated schedule.

Contact information: mbarnes@alvordisd.net

HS Meet Schedule:

Thu, Aug 27	Gingerbread Jamboree- camp copass
Fri, Sep 4	Fossil Ridge Run of the Panther
Thu, Sep 10	Kathy Hudson Invitational
Thu, Sep 17	Metroplex Challenge
Wed, Sep 23	Alvord
Thu, Oct 1	Ken Gaston "Race At The Lake"
Thu, Oct 8	District Warm Up (varsity only) District (TBA)

JH Meet Schedule:

Sat Sep 14 @ Decatur
Wed Sep 23 @ Alvord

District (TBA)