



HILLSBORO MIDDLE / HIGH SCHOOL
BOYS AND GIRLS CROSS COUNTRY
2017 SUMMER SCHEDULE

HS Boys Coach Jimmy Rhoades jrrhoades@hillsboro-indians.org

HS Girls Coach Olivia Fulton ofulton@hillsboro-indians.org

MS Boys / Girls Coach Matt Schneider mschneider@hillsboro-indians.org

Open runs are voluntary but strongly encouraged. Practice is mandatory.

All open runs / practices will be held at the HS TRACK

Mon 7/10 Open Run 8-9:30AM	Tues 7/11 Open Run 8-9:30AM	Wed 7/12 Open Run 8-9:30AM	Thurs 7/13 Off	Fri 7/14 Off
Mon 7/17 Open Run 8-9:30AM	Tues 7/18 Open Run 8-9:30AM	Wed 7/19 Open Run 8-9:30AM	Thurs 7/20 Off	Fri 7/21 Off
Mon 7/24 Practice 8-10AM	Tues 7/25 Practice 8-10AM	Wed 7/26 Practice 8-10AM	Thurs 7/27 Practice 8-10AM	Fri 7/28 Practice 8-10AM
Mon 7/31 Practice 8-10AM	Tues 8/1 Practice 8-10AM	Wed 8/2 Practice 8-10AM	Thurs 8/3 Practice 8-10AM	Fri 8/4 Practice 8-10AM

- All athletes must have a physical exam and complete all necessary paperwork prior to participating in open runs and practices.
- All forms are available through the Athletic Department Office. 937-393-9325
- **Please sign up for the Hillsboro Cross Country Remind Account.** We use this to update parents and athletes with important information such as schedule changes, cancellations, upcoming events, etc. You do not need to download the app. You will receive text messages when we post messages to the account.

Text the following message: @2017hills
To this number: 81010