

2017 Helix Cross-Country Schedule Middle School

Date	Meet	Location	Start Times
Aug. 18 th - Fri.	Run for the Fight <i>Parent Meeting & BBQ Potluck - 6:00pm</i>	Helix Track	8:00am Fri. to 8:00am Sat.
Sept. 9 th - Sat.	Runner's Soul XC Fest	Hermiston, OR Sandstone MS	MS Girls - 10:00am MS Boys - 10:25am
Sept. 15 th - Sat.	Seaport Invite <i>(Camp Fri. & Sat. Night)</i>	Clarkston, WA Beachview Park	MS Girls - TBA MS Boys - TBA
Sept. 22 nd - Fri.	Footrace to Valhalla	Umatilla, OR Umatilla HS	MS B/G - 1:00pm
Sep. 28 th - Thur.	Bulldog Fest	Hermiston, OR Riverfront Park	MS Girls - 4:00pm MS Boys - 4:25pm
Sept. 29 th - Fri.	Bike & Run to Juniper <i>9 Mile Bike & Run</i>	Coach Newton's Pizza Diner	MS B/G - 3:30pm
Oct. 7 th - Sat.	Richland Invitational	Richland, WA Carmichael MS	MS Boys - 10:00am MS Girls - 10:30am
Oct. 12 th - Thur..	Helix Stubblebuster Run	Helix	MS B/G - 4:30pm
Oct. 20 th - Fri.	Middle School Champs. Wildhorse Invite	Pendleton, OR Pendleton Comm. Park	MS Girls MS Boys
Nov. 11 th - Sat	Awards Party	Helix MP Room	Potluck - 5:30pm

When meet times are updated on Athletic.net, I will notify you of the changes. The schedule, runner's results and times, and directions to the meet can be found on Athletic.net. On the Athletic.net homepage click either High School or Middle School under the Cross-Country heading. Griswold High School will be found by clicking **Oregon** then clicking **Griswold** under **District 5 of the 1A,2A,3A** heading. Helix Middle School will be found by clicking **Oregon** then clicking **Helix** under the **Umatilla/Morrow MSAA** heading.

Times are subject to change.

June 19th, 2017