



RAMS TRACK CLUB

CROSS COUNTRY

Begins: September 5, 2018

Practice : Mon, Wed and Thurs

Cranford Memorial Field

Myrtle Avenue, Cranford NJ

6:30 pm - 7:30 pm

Pay As You Go Cost: \$ 5.00 - \$8.00 per meet

New USATF membership: \$20.00 for new athletes

September

9/23 NJ Striders Developmental Cross Country Series, (Y), 10:30am, Mahwah HS, Mahwah, NJ

9/30 Six Flags Great Adventure, Jackson, NJ (Middle School & HS only)

www.sixflagswildsafariinv.com/parking

October

10/7 NJ Striders Developmental Cross Country Series, (Y), 10:30am, Mahwah HS, Mahwah, NJ

10/21 NJ Striders Developmental Cross Country Series, (Y), 10:30am, Mahwah HS, Mahwah, NJ

November

TBD USATF-NJ Junior Olympic XC Championships, (Y), 9:00am,

December

12/8 USATF-National Junior Olympic XC Championships (Y) Rancho San Rafael Park, Reno. NV

Additional information contact:

Coach Dave Wilson (908) 644.9324 or Coach Mike Watson (917) 309.4431

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