

# 2009 NRMS X- COUNTRY INTRAMURALS

OPEN TO ANY 6<sup>th</sup> GRADE ROCKFORD STUDENT

Coach Thomas Truxton "Intramural Director"

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## PRACTICE SCHEDULE: Fall 2009

<u>Thursday</u>	<u>September 17</u>	<u>2:35 to 3:40</u>
<u>Thursday</u>	<u>September 24</u>	<u>2:35 to 3:40</u>
<u>Tuesday</u>	<u>September 29</u>	<u>2:35 to 3:40</u>
<u>Thursday</u>	<u>October 1</u>	<u>2:35 to 3:40</u>

**East Rockford X-Country Intramural Invitational.**

*Tuesday October 6<sup>th</sup>*

**North Rockford Public Schools 6<sup>th</sup> Grade vs. East Rockford Public Schools 6<sup>th</sup> Grade. Time (3:25 Girls Meet.) Boys Meet @ 3:40 @ Meadow Ridge School**

**A bus will take them to Meadow Ridge Middle School. But Parents will need to pick them up after the meet.**

**(SIGN UP BEFORE SCHOOL IN THE UPPER GYM) SEE COACH TRUXTON IF YOU HAVE QUESTIONS? OPEN TO ALL 6<sup>th</sup> GRADE GIRLS AND BOYS AT NRMS. Mr. Truxton's Home phone 863-5956. School Phone 863-6300. Ex. 1771.**