




Jefferson County Middle School 2023 CROSS COUNTRY SCHEDULE



Day	Date		Meet Location	TIME	Dismissal	Depart	Est. Return
Tue	9/12	JCMS Fall Sports Parent Meeting	JCMS Commons	5:30pm	-	-	-
Wed	9/20	Pictures during Practice	JCMS	3:20- 5pm	-	-	-
Thur	9/21	JCMS (Home) Sisters Crook County Warm Springs Cascades Academy St. Francis	Juniper Hills Park, Madras	4pm	2:15pm	Walk from JCMS to Juniper @ 2:30	6pm
Tues	9/26	Culver- Host Cascades Warm Springs 7 Peaks JCMS	Culver Athletic Complex	4pm	2:10pm	2:25pm	6:30pm
Thur	10/5	OMS- Host Sisters Warm Springs St. Francis JCMS	American Legion Park	4pm	2:35pm	2:50pm	7pm
Wed	10/11	Trinity - Host EGMS JCMS Warm Springs Cascades St. Francis	Pine Nursery	12pm	9:35am	9:50am	3:15pm
Fri	10/13	No Practice - No School	-	-	-	-	-
Wed	10/18	Sisters- Host JCMS Warm Springs Culver EGMS	Sisters High School	4pm	2:05pm	2:20pm	7pm
Mon	10/23	No Practice - No School	-	-	-	-	-
Wed	10/25	Greater Central Oregon XC District Meet	Juniper Hills Park, Madras	10am	8:30am	Walk from JCMS to Juniper @ 8:45am	1:30pm Walk back to JCMS

- Students need to take all their belongings to the locker room for practice and meets, locking up all possessions. Items that will not fit in the sports locker should be locked in the PE office.
- Practices are everyday (from 3:10-5pm) of the week.
- Students will not be allowed into the hallway after practice or after meets.
- Parents who do not attend away meets, please plan to meet your child at the estimated return time (@JCMS). Runners will call for a ride when we leave the opposing school so you can time it.
- Students need to pack a healthy snack to eat on the bus, a water bottle for the meet, and a dinner for the way home. Please refer to the Guidelines for Activity Bus in the Athletic Handbook for additional rules on the bus.
- The bus will not stop for food. Sunflower seeds and drinks in cans will not be allowed on the bus. ALL DRINKS MUST BE IN RESEALABLE CONTAINERS.

Cross Country meets last about 2 hours and this year we are asking all athletes to stay and support their teammates until the completion of the event. When we host, our athletes are asked to help break down/clean up. Please see the attached calendar for more details on practices and meets.

According to district policy, all students must ride the bus to away event. If you wish to take your athlete home from an event they will need to sign out with the Head coach. If an athlete wishes to go home with someone other than their parent/guardian then they must have written consent. This ensures safety for all our athletes.

If you have any questions, please contact us at (541) 475-7253.

Head Coach- Logan Betram

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Athletic Director - Tammie Ybarra

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Principal-Brent Walsh

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Revised 9/2/2023