



# CMS Cross Country 2023-2024

## Summer Workouts:

August 8<sup>th</sup> and 10<sup>th</sup> 3:00-4:00 pm

## First practice of season:

August 22<sup>nd</sup> 3:00-4:30 pm

## Parent info meeting:

August 28<sup>th</sup> 4:30 pm

## Any Questions:

E. Scholtz: [escholtz@haywood.k12.nc.us](mailto:escholtz@haywood.k12.nc.us)

H. Wilson: [hwilson@haywood.k12.nc.us](mailto:hwilson@haywood.k12.nc.us)