

**Athletic and Extracurricular Schedules  
will be posted as soon as available.**

**If you have any questions, please call**

**Mrs. Malekovic.**

**618-533-6910**

**To our XC runners and spectators:**

We're asking the runners to wear their masks while warming up and removing just before their race.

Signs will be posted about spectators wearing masks if they're unable to social distance.

We have designated spots for the timers/coaches at the finish line and ask that fans do not crowd the finish line.

Thank you for your cooperation!

Meghan Cox

Athletic Director, NHCS

**NHCS Cross Country Schedule**

9/8 – Practice, 3:30-4:30

9/10 – Little 6 Conference Meet, at NHCS, first race at 4pm

9/15 – Practice, 3:30-4:30

9/17 – Tri-Meet at NHCS vs. Rome and Central City, first race at 4pm

9/21 – Tri-Meet at NHCS vs. Central City and Centralia Jr. High, 4pm

9/22 – Practice, 3:30-4:40

9/24 – Tri-Meet at Central City Lions Park, 4pm

9/28 – Tri-Meet at NHCS vs. Raccoon and North Wamac, 4pm

10/1 – Practice, 3:30-4:30

10/3 – Tri-Meet at Foundation Park, first race at 9am

Week of October 7-14 (exact day TBD) – Regional competition. Only top 7 runners will participate. More details to come when we get closer.

If you are available to help at any of our “home” meets (9/10, 9/17, 9/21 or 9/28) please text Meghan Cox at 977-5880. We will need 2 concession workers and people at all the turns on the course to keep runners on track. Course workers will see the racers twice in each race, so you will get a good idea of who is in the lead, etc. Thanks!!