

FMHS XC MEET SHEET
FLOWER MOUND INVITATIONAL 9/10/22

6:00 AM: All athletes meet at Shadow Ridge MS Stadium. No transportation will be provided for our home meet.

Race Schedule

7:00 AM: Varsity Girls

7:30 AM: Varsity Boys

8:00 AM: Junior Varsity Girls

8:30 AM: Junior Varsity Boys

Location: Shadow Ridge Middle School

Meet Checklist: Uniform top and shorts, mandatory team shirt, bag, warmup suit, spikes, extra socks, snack, sports drink or water

Varsity Girls: Coleman, Henry, Hirniak, Braich, Deboer, Anderson, Clayton

Varsity Boys: Wiederkehr, Blad, Jensen, Williams, Yates, Choe, Redding

Girls JV: Rest of the team

Boys JV: Rest of the team

DROP THE HAMMER!!!