



VIKING ATHLETICS

2018-2019 Vikings Cross Country

Date	Participants	Location	Start Time
August 29	McHenry Middle School *Practice Meet	McHenry Middle School 2120 W Lincoln Rd, McHenry	2:45
September 5	Nippersink Middle School *McHenry Middle School Parkland Middle School	McHenry Middle School 2120 W Lincoln Rd, McHenry	4:00
September 10	Bearsley Middle School Harvard Junior High *Johnsburg Junior High Parkland Middle School	Johnsburg Junior High 2220 W Church St., Johnsburg	4:00
September 12	Creekside Middle School *Heineman Middle School Lundahl Middle School Parkland Middle School	Heineman Middle School 725 Academic Dr, Algonquin	4:15
September 17	Bernotas Middle School Northwood Middle School *Parkland Middle School	McHenry Middle School 2120 W Lincoln Rd, McHenry	4:15
September 20	Parkland Middle School Cary Junior High Lundahl Middle School Heineman Middle School Nippersink Middle School *Northwood Middle School	Emricson Park 1313 Kishwaukee Valley Rd, Woodstock	4:15
September 24	Bearsley Middle School Cary Junior High Johnsburg Junior High Marlowe Middle School *Parkland Middle School	McHenry Middle School 2120 W Lincoln Rd, McHenry	4:00
September 26	Johnsburg Junior High *McHenry Middle School Parkland Middle School	McHenry Middle School 2120 W Lincoln Rd, McHenry	4:00
October 1	FVC Tournament	Emricson Park 1313 Kishwaukee Valley Rd, Woodstock	TBA

		*Hosted by Creekside Middle School	
October 6	IESA Sectionals	TBA	TBA
October 13	IESA State**	Bloomington, IL	TBA

***Host School**

****Parents are responsible for transportation to the state tournament.**

Other Important Dates:

August 21- Practice starts-must have a 2018-2019 Athletic Permission Form completed on Skyward through Parent Access and current physical on file

August 27– Parent Meeting-6 pm

August 29– \$75 Sports Fee Due to Mrs. McGary

(No uniforms will be distributed until all fees are paid)

September 4-Concussion Baseline Testing (during practice)

September 26–Team Pictures