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**2022-23 DMPS 7th-8th Grade Middle School**

**Cross Country Schedule**

**Practice starts: 8/22/22**

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| **Date** | **Team** | **Meet** | **Location** | **Start Time** |
| September 1 | Hoover  North | Johnston Invitational | Johnston HS | 4:00 pm |
| September 6 | Lincoln | Winterset Invitational | Lakeview Country Club | 4:30 pm |
| September 13 | Lincoln  Roosevelt | Valley Invitational | Valley Southwoods | 4:00 pm |
| September 15 | East  Hoover  North  Lincoln | North Invitational | Ewing Park | 5:00 pm |
| September 19 | Roosevelt | Ankeny Invitational | DMACC | 4:00 pm |
| September 19 | Hoover  North  Lincoln | North Polk Invitational | North Polk HS | 4:30 pm |
| September 20 | East | Newton Invitational | Maytag Park | 4:00 pm |
| September 26 | East  Hoover  Roosevelt | Ames Invitational | ISU XC Course | 4:00 pm |
| October 6 | East  Hoover  North  Lincoln  Roosevelt | East Invitational-  ***MS City Meet*** | Ewing Park | 5:40 pm |
| October 11 | East  Hoover  North  Lincoln  Roosevelt | SE Polk Invitational | SE Polk Junior High | 4:30 pm |