

# 2009-2010 Middle School Cross Country Schedule

Changes made on Tuesday, September 8th!!!

Day	Date	Host	Race Location	Departure Time	Race Time	Approximate Return Time
Tuesday	Sept. 8	Gaston Day	Gaston Day	2:45 PM	4:15 PM	6:00 PM
Monday	Sept. 14	St. Michael	Gaston Day	2:45 PM	4:15 PM	6:00 PM
Monday	Sept. 21	Countryside Montessori School	New High School!! New location!!	2:45 PM	4:15 PM	6:00 PM
Tuesday	Sept. 29	Charlotte Preparatory	Boyce Road Park	3:30 PM	4:15 PM	5:30 PM
Monday	Oct. 5	Gaston Day	Gaston Day	2:45 PM	4:15 PM	6:00 PM
Thursday	Oct. 8	Charlotte Preparatory	Boyce Road Park	3:30 PM	4:15 PM	5:30 PM

## "Run-off" - Tuesday, October 13, 2009 Frank Liske Park

### Directions to Away Races

#### Boyce Road Park

Directions: Head southeast on Providence Road. Turn left at Sardis Lane. Turn left on Sardis Road. Turn right at Boyce Road. Turn right at Boyce Road Park Drive.

#### Ashbrook High School

Directions: Head north on Providence Road. Stay on Providence Road until the road changes to 3rd Street. Continue on 3rd/4th St Connector. Take slight left at E. 4th Street. Turn right to merge onto I-277 N. Continue on NC-16N (signs for NC016/Brookshire Frwy E/I-77/Rock Hill/US 21). Slight left to merge onto I-85 S. Take exit 22 toward Lowell/Cramerton. Turn left at S Main St/NC-2329. Continue to follow NC-2329. Turn right at S. New Hope Rd. Destination will be on the right.

#### New High School (Countryside Montessori) 4125 Johnston-Oehler Road

Directions: Head north on Providence Road. Stay on Providence Road until the road changes to 3rd Street. Continue on 3rd/4th St Connector. Take slight left at E. 4th Street. Turn right to merge onto I-277 N/NC-16 N. Merge onto I-77 N via Exit 5A toward Statesville. Merge onto I-485 N via Exit 19A toward NC-115. Take the NC-115 S exit on the left. Turn left onto Eastfield Road. Turn right onto Prosperity Church Road. Turn left onto Johnston Oehler Road. The school will be on the right.

#### Gaston Day School

Directions: Head north on Providence Road. Stay on Providence Road until the road changes to 3rd Street. Continue on 3rd/4th St Connector. Take slight left at E. 4th Street. Turn right to merge onto I-277 N. Continue on NC-16N (signs for NC016/Brookshire Frwy E/I-77/Rock Hill/US 21). Slight left to merge onto I-85 S. Take exit 22 toward Lowell/Cramerton. Turn left at S Main St/NC-2329. Continue to follow NC-2329. continue on Redbud Dr. Continue on Hoffman Rd. Turn left at Gaston Day School Rd. Destination will be on the left.