

# Lakota Junior Cross Country

## 2021 Information

click [here](#) for general pre-season information

practice starts Monday, August 2nd 8-9:30 am @ Ft. Liberty Playland

**All you need to do right now is add "2021-22 Fall Coed Cross Country" to your FinalForms account.** <https://lakota-oh.finalforms.com>

please email [tom.thompson@lakotaonline.com](mailto:tom.thompson@lakotaonline.com) if you have any questions.

Coach McManus will be getting the High school runners together for summer running soon. If you have been running on a regular basis this might be of interest to you. If you haven't been running regularly, the following workout schedule is a great way to get your base started. Good running shoes are a must. If you go to Queen City running and let them know you are running for us they will give you a discount.

Week 1: Mon 1 mile; Tues 1 mile; Wed 1 mile; Thur 1 mile; Fri 1 mile; Sat 1 mile; Sun – off

Week 2: Try to increase .5 miles every other day. Mon -1 mile; Tues 1.5; Wed 1 mile; Thur 1.5; Fri 1 mile; Sat 1.5; Sun off;

Week 3: Mon 1.5; Tues 1.5; Wed 1.5 mile; Thur 1.5; Fri 1.5 mile; Sat 1.5; Sun off;

Week 4: Mon 1.5; Tues 2; Wed 1.5 mile; Thur 2; Fri 1.5 mile; Sat 2; Sun off;

Week 5: Mon -2 mile; Tues 2; Wed 2 mile; Thur 2; Fri 2 mile; Sat 2; Sun off;

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## 2021 Lakota Junior CC Meet Schedule

Saturday, August 28<sup>th</sup>

**Lakota Fall Classic @ VOA** 8 am Boys; 8:20 am Girls

Friday, September 10<sup>th</sup>

**Mason Invitational @ Corwin Nixon Park**

Girls Varsity 4:30 pm, Girls Junior Varsity 5 pm; Boys Varsity 5:30 pm; Boys JV 6 pm

Thursday, September 16<sup>th</sup>

**Sycamore Stoneberger Invite @ Weller Park/Good Shepherd**

Girls 7<sup>th</sup> 4:30 pm; Boys 7<sup>th</sup> 4:55 pm; Girls 8<sup>th</sup> 5:20 pm; Boys 8<sup>th</sup> 5:45 pm

Monday, September 20<sup>th</sup>

**Vic Roberts Invitational @ Plains Junior;**

Boys Open 4:30pm; Girls JV 4:55pm; Boys JV 5:20pm; Girls Var. 5:45 pm; Boys Var 6:10 pm; Girls Open 6:35 pm

Monday, September 27<sup>th</sup>

**Hopewell Invitational @ Hopewell Junior**

Girls 7<sup>th</sup> 4:45; Boys 7<sup>th</sup> 5:15; Girls 8<sup>th</sup> 5:45; Boys 8<sup>th</sup> 6:15

Tuesday, October 5<sup>th</sup>

**Eaton Invite @ Fort St. Clair Park, Eaton Ohio**

Boys 5:30 pm; Girls 6 pm; Awards 6:30 pm

Monday, October 11<sup>th</sup>

**TBD; GMC Championships @ Lakota Plains**

4:30 Boys Open; 4:55 7<sup>th</sup> Girls; 5:20 7<sup>th</sup> Boys, 5:45 8<sup>th</sup> Girls; 6:10 8<sup>th</sup> Boys, 6:35 Girls Open

Sunday, October 25<sup>th</sup>

**Ohio MS Championship @ Dublin Jerome HS**

D1 Girls 2:45; D1 Boys 3:15; Awards 3:45