



2024 Limestone Walters Middle School CROSS COUNTRY SCHEDULE

**PLEASE MAKE SURE YOUR CHILD HAS A CURRENT PHYSICAL
ON FILE AT THEIR SCHOOL BEFORE AUGUST 5TH.
THEY CANNOT PARTICIPATE IN PRACTICE WITHOUT ONE. (IESA RULES)**

WHO: All 5th - 8th graders, entering into the 2024/2025 school year, who attend these schools: Monroe, Norwood, Oak Grove, Limestone Walters, Bartonville Grade School, Hollis and Pleasant Valley.

WHEN: Practice officially starts Monday, August 5th from 3:45pm-5:00pm (Monday - Thursday every week)

WHERE: Alpha Park

WHO WILL TRAIN US:

Missy Walker, Limestone Area Middle School Cross Country Coach: (309) 253-9282 • missywalker1974@gmail.com

WHAT DO I NEED: A yoga mat, a good pair of running shoes, water and a current school physical are required! Bring a good attitude and be ready to work hard!

PARENTS: Please download TeamReach if you haven't already. The link to join is LWXC24. I will use this app & a private FB group to communicate about practices, meets, meetings, etc.

DATE	EVENT	TIME	LOCATION
Friday, July 26	Detweiller at Dark	8:00pm	Detweiller Park
MONDAY, JULY 29	PARENT MEETING	6:30pm	ALPHA PARK SHELTER
Monday, Aug. 5	Practice officially Begins	3:45pm	Alpha Park
Friday, Aug. 16	8th Grade (ONLY) Pics w/Mad Media	7:00pm	Alpha Park
Tuesday, Aug. 20	Peoria St. Jude Relay Race	4:15pm	Donovan Park, Peoria
Saturday, Aug. 24	Redbird Invitational	9:00am	Black Partridge Park, Metamora
Thursday, Aug. 29	Pekin Mini Illini Invitational	4:30pm	Mineral Springs Park, Pekin
Saturday, Aug. 31	Michelle Stewart Invite	9:00am	Three Sisters Park, Chillicothe
Thursday, Sept. 5	RUN-A-THON FUNDRAISER	4:00pm-6:00pm	Alpha Park (rain date 9-6-24)
Tuesday, Sept. 10	Brimfield Invitational @ Princeville	4:30pm	Princeville Jr/Sr High School
Saturday, Sept. 14	Parkside Invitational	9:30am	Maxwell Park, Normal
Tuesday, Sept. 17	Germantown Warrior Invitational	4:00pm	Great Oaks Comm. Church, Germantown Hills
Thursday, Sept. 19	Manito Invitational	4:30pm	Midwest Central Middle School, Manito
Saturday, Sept. 21	Galesburg Invitational	9:00am	Galesburg High School, Galesburg
Monday, Sept. 23	St. Jude 2 Mile	4:15pm	Donovan Park, Peoria
Tuesday, Sept. 24	Dunlap Valley Invitational	4:15pm	Dunlap Valley Middle School
Friday, Sept. 27	Dunlap Invitational	4:00pm	Detweiller Park, Peoria
Thursday, Oct. 3	Limestone Invitational	4:15pm	Alpha Park, Bartonville
Oct. 11 or 12th***	Sectionals Practice	TBD	TBD
Saturday, Oct. 12	Sectionals	TBD	TBD
Monday, Oct. 14	Team Dinner	5:30pm	TBD
Friday, Oct. 18	Practice at State course (if needed)	after school	Maxwell Park, Normal
Saturday, Oct. 19	State	G-12:15/B-1:00	Maxwell Park, Normal

***Sectionals practice will be held right after school on Friday, October 11 or before sectionals on Saturday, October 12th, depending on location.

Dates and times for meets are subject to change at any given time due to weather or other circumstances. Any changes will be announced at practice, posted in TeamReach, Facebook and/or announced by the schools, as soon as possible.