



## Sunrise Middle School Cross Country Schedule 2022-2023

Cross Country Meet starting time is 5pm

September 20 (Tuesday)

- @ Quiet Waters Park

September 28 (Wednesday)

- @ Quiet Waters Park

October 6 (Wednesday)

- BCAA Cross Country Championship @ Markham Park
- Starting time 4:45pm

Quiet Waters Park

401 Powerline Rd

Deerfield Beach, FL 33442

Coach- Coach Carlton