



William Land Elementary XC 4th-6th grade students

Practices

Tuesday & Wednesday

8:00-8:30 AM

William Land

Two meets:

September 20th @ 4:45 PM

American River College - 4700 College Oak Dr, Sacramento, CA 95841

October 11th @ 4:45 PM

American River College - 4700 College Oak Dr, Sacramento, CA 95841

No try-outs

Just need a good pair of running shoes and athletic clothing

More information here:

<https://runsra.org/sra-kids/programs/youth-cross-country-series/>

Cross-Country Application

Student Name: _____

Teachers Name: _____

Parent/Guardian Name: _____

Email: _____

Parent/Guardian Name: _____

Email: _____

Is your child in before-school Lion's Den? Yes or No

Please give this back to me as soon as possible as the 1st meet is September 20th