



# Mona Shores X-Country



1121 Seminole Road Norton Shores, MI 49441  
Telephone 231-780-4711 Fax 231-780-3634  
Mona Shores Men & Women Cross Country Coaches  
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Katie Jazwinski [jazwinsk@monashores.net](mailto:jazwinsk@monashores.net) 734-649-6351

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Thu, Aug 11 North Muskegon (Scrimmage @ McGraft 7:15 AM Race @ 8:00)

Sat, Aug 27 Muskegon Big Red Invitational

Mon, Aug 29 Kenowa Hills Invitational Depart 2:30

Thu, Sep 8 Leanna Geers Scottville Cross Country Invitational Depart 2:00

Fri, Sep 16 2016 MSU Spartan Invitational Depart 1:30

Wed, Sep 21 OK Black meet 1 @ Kenowa Hills Depart 2:30

Sat, Sep 24 Cougar Falcon Invite at the Eagles Nest

Sat, Oct 1 Allendale Falcon Invite

Wed, Oct 5 OK Black Meet 2 @ Mona Shores

Sat, Oct. 8 Portage Invite Check cost for school bus to and from

Fri, Oct 14 GMAA City Meet Depart 2:00

Wed, Oct 19 OK Black Conference meet @ Reeths-Puffer Depart 2:00

Sat, Oct 29 MHSAA LP Region 01-01 @ Allendale Depart 8:00

Sat, Nov 5 MHSAA LP Division 1 Finals