

Run with the 2019 Mountain Lakes Recreation Junior Cross Country Team!



The Mountain Lakes Recreation Junior Cross Country Team competes in Sunday morning meets with teams from 17 neighboring towns, in the 7-8 (1.6k), 9-10 (2k), 11-12 (3k) and 13-14 (3k/4k) age groups and distances. The meets are held at the cross country course at nearby Central Park of Morris County, in Morris Plains.

Registration is now open on the ML Recreation website:

https://mtlakes.cr3.rschooltoday.com/public/costoption/class_id/231/public/1/sp/

All are welcome, at any level of running experience and ability. Join the fun on a Sunday run! All Briarcliff Middle School Cross Country Team members are encouraged to participate!



Lakeland Junior Cross Country League 2019 Meet Schedule:

(All meets start at 9:00 AM, beginning with the 13-14 race, followed by the 11-12; 9-10; and 7-8 races; The meets are generally finished by 10:30 AM).

Sunday, September 8th
Sunday, September 15th
Sunday, September 22nd
Sunday, September 29th

Sunday, October 6th
Sunday, October 13th (Greystone Invitational)
Sunday, October 20th (Junior Olympics Prep)
Sunday, October 27th (League Championships)

(Please contact Head Coach Ranjan Bose at rjbose@umich.edu with any questions)

