



## Helena Middle School 2022 Cross Country Schedule

- Thursday 9/1– Trussville 2 Miler
- Friday 9/16- Oak Mountain Middle School Invitational
- Friday 9/23- Spain Park Twilight Meet
- Tuesday 10/4- Hoover 2 Mile Tuneup
- Saturday 10/8- Helena Invitational
- Saturday 10/15- Metro South Conference Championships