

# Cross Country

Coach Lisa Braun

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The middle-school cross country season runs in the fall from early September to mid-October. Student runners in grades 5 - 8 can participate. The average race distance is about 2 miles for all grades, and Wrightstown Middle School students generally compete against other Brown County schools. There are approximately 8-10 meets per season. Boys and girls meets are typically run separately, but some of the competitions are divided into grade levels instead.

Practices are held after school from 3:15-4:30pm 2 days per week. Generally, there are also 2 competitive home or away meets per week against other area (Brown County) schools.

Middle-school cross country introduces students to distance running, related stretching, and core exercises as fun, lifelong, health skills they will continue to build as they grow.

**All practice and game schedules can be found on [rSchool](#)**