



Copeland Middle School Athletic Department  
 Rockaway Township, NJ  
 Athletics Director: Michael Bernstein

## Boys and Girls Cross Country 2023 Schedule

Coach: Mr. Michael Bernstein  
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Coach: Mrs. Dominique Brock  
[dbrock@rocktwp.net](mailto:dbrock@rocktwp.net)

-All practices will end at 3:30 and late buses will be available to bring students home  
 -Team will typically return from away meets between 5:00 and 5:30 to CMS, where students must be picked up

# OCTOBER 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 HOME MEET vs Brooklawn  @Copeland MS	3	4  Practice until 3:30	5 AWAY MEET vs Central MS (Parsippany)  @Central MS	6	7
8	9 NO SCHOOL	10	11 AWAY MEET vs Frelinghuysen  @Frelinghuys en MS	12 AWAY MEET vs Mount Olive  @Turkey Brook Park in Mount Olive	13	14
15	16 HOME MEET vs Allamuchy MS  @Copeland MS	17 HOME MEET vs Eisenhower MS (Roxbury)  @Copeland MS	18	19 GRADE LEVEL RACE AT CENTRAL PARK IN MORRIS PLAINS **Leave at 2:00** (First Race 3:45)	20	21
22	23	24 Practice until 3:30 (ONLY RUNNERS RUNNING IN CHAMPIONSHIP)	25	26 TEAM COUNTY CHAMPIONSHIP *Top 7 Boys and Top 7 Girls* **Leave at 2:00** (First Race 3:45)	27	28