



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

Boys and Girls Cross Country 2023 Schedule

Coach: Mr. Michael Bernstein
mbernstein@rocktwp.net

Coach: Mrs. Dominique Brock
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

SEPTEMBER 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4	5 1st Day of School	6	7	8	9
10	11	12 Practice until 3:30	13 Practice until 3:30	14 Practice until 3:30	15 NO SCHOOL	16
17	18 AWAY MEET Thomas Jefferson (Rockaway Boro) @Thomas Jefferson Middle School	19	20 Practice until 3:30	21	22 HOME MEET vs Valleyview (Denville) @Copeland MS	23
24	25 NO SCHOOL	26	27 HOME MEET vs Long Valley @Copeland MS	28	29 MEET vs Morris Plains @Morris Plains MS	30