



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

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 East Hanover @East Hanover Middle School	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