



Thomas Jefferson Athletic Department
 Rockaway Borough, NJ
 Athletic Coordinator: Michael Onischuk



2019 Boys and Girls Cross Country Schedule

Coach: Mr. Michael Leahey - mleahey@rockboro.org

Coach: Ms. Morgan Abrams – mabrams@rockboro.org

SEPTEMBER	Date	Opponent	Home/Away
	Monday, 16 th	Dual Meet: Rockaway Twp. (Copeland MS)	H
	Wednesday, 18 th	Dual Meet: Wharton (MacKinnon MS)	A
	Friday, 20 th	Dual Meet: Mendham Township (MTMS)	A
	Monday, 23 rd	Dual Meet: Bloomingdale (W.T. Bergen School)	H
	Thursday, 26 th	Dual Meet: Wharton (MacKinnon MS)	H

OCTOBER	Date	Opponent	Home/Away
	Tuesday, 1 st	Tri Meet: Mendham Borough (Mountain View School) & Boonton Twp. (Rockaway Valley School)	A @ Westfield Park
	Thursday, 3 rd	Dual Meet: Denville (Valleyview MS)	H
	Tuesday, 8 th	Dual Meet: Bloomingdale (W.T. Bergen School)	A
	Thursday, 10 th	Dual Meet: Morris Plains (Borough School)	A
	Tuesday, 15 th	Tri Meet: Allamuchy (Allamuchy Twp. School) & Mendham Borough (Mountain View School)	H
	Thursday, 17 th *RAIN OR SHINE!	GMCJSCA County Grade Level Races	@ Central Park, Morris Plains
	Monday, 21 st	Quad Meet: Whippany (Memorial Jr. School) & Madison (Madison Jr. School) & Unity Charter School	A @ Memorial Jr.
	Thursday, 24 th *RAIN OR SHINE!	GMCJSCA County Team Championship Races	@ Central Park, Morris Plains

All meets will attempt to begin at 4:00 PM, after a course walk through.

Meets may start later due to late arrival of teams and/or the course walk through.

***OPEN DATES – TBD: please plan on having a meet on these dates – waiting for an opponent!**

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