

Lincoln Public School
 Ballfield Road
 Lincoln, Massachusetts 01773
 781-259-9408

Athletic Director	Ryan Cassidy	School Phone Number 781-259-9408 X2208	Email Address rcassidy@lincnet.org
X-Country Coach	David Trant Karen Sheppard	781-259-9408 X 1110	dtrant@lincnet.org ksheppard@lincnet.org
	Practice Days	Time	
	Monday	3:00-4:00 Study Hall, 4:00-5:00 practice	
Tuesday, Thursday and Friday		2:50-4:30	

2016 Lincoln Cross Country Schedule

DATE	DAY	OPPONENT	TIME	HOME / AWAY
15-Sep	Thursday	Hanscom	3:30	Home
22-Sep	Thursday	Mystic Valley	3:45	Home
27-Sep	Tuesday	Wayland	3:45	Away
29-Sep	Thursday	Lexington Clarke	3:45	Away
4-Oct	Tuesday	Carlisle	3:45	Away
6-Oct	Thursday	Watertwon	3:45	Home
13-Oct	Thursday	Bedford	3:45	Away
17-Oct	Monday	Belmont	3:45	Away
24-Oct	Monday	Carlisle Invitational	2:30	Away
27-Oct	Thursday	Waltham		Home