



West Middle 6th Grade Intramurals

**September 21st - October 14th: Triathlon
230-330 PM**

Run Training Tuesdays: 9/26, 10/3, 10/10

Swim Training Thursdays: 9/21, 9/28, 10/5, 10/12

7th & 8th Grade Morning Intramurals "AM WARHAWKS"

**September 20th- October 11th: Flag Football/Flickerball
7-750 AM**