

Important Cross Country Dates

May 24	Monday	7am First Day of Practice 6-8 pm Team Night at Totally Running
July 11-16	Sun- Fri	Camp Week 1
July 18- 23	Sun- Fri	Camp Week 2
July 25-30	Sun- Fri	Camp Week 3
August 1-6	Mon-Fri	Tryouts Time Trial***
August 6	Friday	7am Time Trial at Webb Bridge Park
August 9-25	Mon- Wed	Team Fundraiser
Aug 28	Saturday	Kick off Breakfast and Fun Run
Sept 18	Saturday	Pre Region Meet (Sweetapple Elem.)
Oct. 2	Saturday	County (Webb Bridge Park)
Oct. 8-11	Friday - Sun	FSU- Overnight meet
Oct 30	Saturday	Region (Sweetapple Elem.)
Nov 6	Saturday	State

*The banquet will be mid November before Thanksgiving.

*Footlocker and/or Nike Team Nationals will be held at the end of November.

This is not the complete schedule and you should expect that most meets are held on Saturdays. Pasta parties are held the Friday nights before Saturday meets.

***** Must have Physical and Insurance turned in by this date. NO EXCEPTIONS**