

2021-2022 Cross Country Schedule

Date	Event	Time	Notes / Location
Sun. Aug. 1	Open Run	9:00 - 9:45 am	Open to all / CA Middle / Endurance
Thurs. Aug. 5	Open Run	3:30 - 4:30 pm	Open to all / CA Middle / Endurance
Fri. Aug. 6	1st Official Practice	2:45 - 3:30 pm	Open to all / CA Middle / Endurance
Mon. Aug. 9	Practice	3:30 - 4:30 pm	Open to all / CA Middle / Intervals
Wed. Aug. 11	Practice	3:30 - 4:30 pm	Open to all / CA Middle / Endurance
Fri. Aug. 13	Practice	2:30 - 3:30 pm	Open to all / CA Middle / Hills
Mon. Aug. 16	Practice	3:30 - 4:30 pm	Open to all / CA Middle / Intervals
Wed. Aug. 18	Practice	3:30 - 4:30 pm	Open to all / CA Middle / Endurance
Fri. Aug. 20	Practice	2:30 - 3:30 pm	Open to all / CA Middle / Hills
Mon. Aug. 23	Practice	3:30 - 4:30 pm	Open to all / CA Middle / Intervals
Wed. Aug. 25	Practice	3:30 - 4:30 pm	Open to all / CA Middle / Hills
Fri. Aug. 27	Practice	2:30 - 3:30 pm	Open to all / CA Middle / Endurance
Mon. Aug. 30	Race	5:30 / 5:55 pm	@ Woodland Park
Wed. Sept. 1	Practice	3:30 - 4:30 pm	Open to all / CA Middle / Endurance
Fri. Aug. 3	Practice	2:30 - 3:30 pm	Open to all / CA Middle
Tues. Sept. 7	Race	5:30 / 5:55 pm	@ Woodland Park
Wed. Sept. 8	Practice	3:30 - 4:30 pm	Open to all / CA Middle
Fri. Sept. 10	Practice	2:30 - 3:30 pm	Open to all / CA Middle
Mon. Sept 13	Race	5:30 / 5:55 pm	@ Woodland Park
Wed. Sept. 15	Practice	3:30 - 4:30 pm	Open to all / CA Middle
Fri. Sept. 17	Practice	2:30 - 3:30 pm	Open to all / CA Middle
Mon. Sept. 20	Race	5:30 / 5:55 pm	@ Woodland Park
Wed. Sept. 22	Practice	3:30 - 4:30 pm	Open to all / CA Middle
Fri. Sept. 24	Practice	2:30 - 3:30 pm	Open to all / CA Middle
Mon. Sept. 27	Race	5:30 / 5:55 pm	@ Woodland Park

2021-2022 Cross Country Schedule

Wed. Sept. 29	Practice	3:30 - 4:30 pm	Open to all / CA Middle
Fri. Oct. 1	Practice	2:30 - 3:30 pm	Open to all / CA Middle
Mon. Oct. 4	Championships	5:30 / 5:55 pm	@ Woodland Park
Wed. Oct. 6	Open Run	3:30 - 4:30 pm	Open to all / CA Middle
Fri. Oct. 8	Open Run	2:30 - 3:30 pm	Open to all / CA Middle