

Cross-Country Run Schedule For September 21, 2023

The basic layout for the day will consist of:

1. Course Walkthrough @ 9:15am. Not mandatory but recommended
2. Elementary students run @ 10:15am
3. C Girls @ 10:45
4. C Boys @ 11:10
5. B Girls @ 11:35
6. B Boys @ 12:00
7. A Girls @ 12:25
8. A Boys @ 12:50

C category à 12 and under as of September 1

B category à 13 as of September 1

A category à 14 and over as of September 1

The Junior High students will be running just over 2.5 km, and the elementary will be closer to 2 km.