**RHSS Cross Country Team: Schedule**

**Practices:**

2:45-3:45 (sometimes a little later). Personal belongings can be secured and locked up in the school. We will be practicing at school and around the neighborhood.

Sept. 8, 10, 11, 17, 18, 24, 25

Oct. 1, 2, 6, 8 (easy run), 15, 16, 20 (easy run)

NO SCHOOL (Pro-D)  -  Monday September- 29 -easy run on your own.

\*\*\* If you are a multi-sport athlete and you need to miss a practice, please let one of the coaches know.

**Races:**

Monday, Sept. 15 @ Aldergrove Bowl  (Lefevre Rd.) 3:45 start

Monday, Sept. 22 - BIG VALLEY CLASH -This is a larger meet with many other schools. Aldergrove Bowl. Start time- TBA

Thursday, Oct. 9 @ Clearbrook Park 3:45 start (ACS & Abby schools hosting)

EVAA (EASTERN VALLEY) Zone Championships Tuesday, Oct. 21 @ Aldergrove Bowl - DAY EVENT – Times TBA

Provincial Championships – Saturday, Nov. 1 - Nanoose Bay, Vancouver Island –MUST QUALIFY