2023 Cross Country Schedule

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| **Date** | **Time** | **Location** | **Teams** |
| Aug 29st  (Tue) | 4:30 | **Course Preview**  Eagle Springs  Golf Course | Emerald Coast, Freeport, Lewis,  Rocky Bayou, Seaside, Walton |
| Sep. 7th | 4:30  **4:30** | Lewis School  **Freeport High** | Emerald Coast, Lewis, Seaside,  **Freeport, Rocky Bayou, Walton** |
| Sep. 14th | 4:30  **4:30** | Lewis School  **Emerald Coast MS** | Freeport, Lewis, Walton  **Emerald Coast, Rocky Bayou, Seaside** |
| Sep. 21nd | 4:30  **4:30** | Emerald Coast MS  **Freeport High** | Emerald Coast, Rocky Bayou, Walton  **Freeport, Lewis, Seaside** |
| Sep. 28th | 4:30  **4:30** | Emerald Coast MS  **Boathouse @ Watercolor** | Emerald Coast, Freeport, Lewis  **Rocky Bayou, Seaside, Walton** |
| Oct. 3rd | 4:30 (Girls)  5:00 (Boys) 5:30 JV B&G | **Championship**  @ Eagle Springs  Golf Course | Emerald Coast, Freeport, Lewis,  Rocky Bayou, Seaside, Walton |

\* The 1st Meet of the Season, Aug 29st will allow all teams to run on the course where the Championship Meet will be held.

\* At the Championship Meet, we will run the Top 7 Girls and Top 7 Boys. We will have an Open JV Race with BOTH Boys and Girls after the Championship Races.

\* We will have Trophies for the Top 2 Teams and Awards for the Top 10 Individuals in each Championship Race.