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 SpringsGolf 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.