



## 2019 Spaulding High School CROSS COUNTRY

<u>Day</u>	<u>Date</u>	<u>Site/Opponent</u>	<u>Race</u>	<u>Dismiss</u>	<u>Bus</u>
Sat.	Aug. 31	@ Essex Invitational	9:30am	-----	7:00
Tues.	Sept. 3	@ SBHS Class Races – Red Rocks	4:00	1:45	2:00
Tues.	Sept. 10	@ Colchester	3:30	1:00	1:15
Tues.	Sept. 17	@ Milton – Arrowhead GC	3:30	1:00	1:15
Sat.	Sept. 21	HOME Invite @ Millstone Hill	10:00 am	-----	-----
Sat.	Sept. 28	@ U-32 Invitational	11:00 am	-----	9:30am
Sat.**	Oct. 5**	@ Thetford Woods Trail Run	10:00	-----	7:45
Tues.	Oct. 8	@ BFA Fairfax Relays	3:30	1:15	1:30
Fri.	Oct. 11	@ MMU – Mills Riverside Park	3:30	1:15	1:30
Wed.	Oct. 16	@ Hazen	4:00	2:15	2:30
Sat.	Oct. 19	@ NVAC Championships @ MVU	2:30	-----	10:45
Mon.	Oct. 21	@ Enosburg Invitational	4:30	1:45	2:00
Sat.	Oct. 26*	State Championship @ Thetford	TBA	-----	TBA
Sat.	Nov. 9	NE Championships @ TBA	TBA	-----	TBA

\* = ACT Testing Date  
 \*\* = SAT Testing Date