



SLUH

CROSS COUNTRY

2016 Team Schedule

2015 Conference Champions, District & Sectional Runner-Up

Day	Date	Meet	Levels	Location	Time
M.	8/1	First Day of Practice	All	SLUH	8:00am
S.	8/6	Alumni Run	All	Forest Park	9:30am
W.	8/31	O'Fallon Futures Invitational	B, C	O'Fallon	4:00pm
S.	9/3	Granite City Invitational	V, JV, B/C	Wilson Park	9:00am
S.	9/10	Forest Park XC Festival	V, JV, C	Forest Park	10:05am
S.	9/17	Paul Enke Invitational	V2, JV, C	Sioux Passage	T.B.A.
S.	9/24	Hancock Invitational	V2, JV, C	Jefferson Barracks	11:00am
S.	9/24	Palatine Invitational	V, JV	Palatine, IL	T.B.A.
S.	10/1	Parkway West Invitational	V, JV, B, C	Living Word Church	9:00am
S.	10/8	M.C.C. Championship	V, JV, C	Forest Park	9:00am
S.	10/15	Borgia Invitational	V2, JV, C	Big Driver Golf Center	TBA
F.	10/21	Clayton Invitational	V2, JV	Shaw Park	3:45pm
S.	10/22	District 3 Championship	V	T.B.A.	T.B.A.
W.	10/26	Findley Memorial Invitational	JV, C	Forest Park	4:30pm
S.	10/29	Sectional 2 Championship	V	T.B.A.	T.B.A.
S.	11/5	State Championship	V	Oak Hills (Jeff. City)	10:50am
Su.	11/15	NXN Regional*	V	Terre Haute, IN	T.B.A.

Times listed are for our first race of the day. Coaches will confirm all race times and rosters at least a week in advance. Check Twitter, email, and the team website for further information. Contact the coaches if you aren't receiving team emails.

Head Coach: Joe Porter
 Assistant Coaches: Tom Flanagan, Brian Gilmore, John Walsh, Greg Hutson, Rich Esswein, Michael Swan, Ryan McAnany
 Principal: Mr. Craig Hannick
 President: Mr. David Laughlin
 Athletic Director: Mr. Chris Muskopf
 XC Office Hotline: 314-531-0330 ext. 2262
 SLUH XC Team Website**: www2.sluh.org/sluhxc/ (After 8/5, check a brand-new sluh.org website for a new XC team website)
 Follow us on Twitter: @sluhxctrack
 Follow us on Instagram: sluhxctrack

* The team competing at the NXN Regional will compete as the St. Louis XC Club and will not be directly affiliated with SLUH.

**Contact the coaches to receive log-in credentials for the team website.

