



SLUH

CROSS COUNTRY

2013 Team Schedule

2012 Conference, District, Sectional, and State Champions

Day	Date	Meet	Levels	Location	Time
S.	8/17	Alumni Run	All	Forest Park	9 a.m.
Th.	8/29	Fleet Feet Kickoff South	V, JV	Parkway Central	4 p.m.
S.	9/14	Forest Park XC Festival	V, JV, C	Forest Park	9 a.m.
Th.	9/19	Parkway Central Invitational	V2	Parkway Central	4 p.m.
S.	9/21	Enke Invitational	V2, JV, C	Sioux Passage Park	9 a.m.
S.	9/28	Hancock Invitational	V2, JV, C	Jefferson Barracks	9 a.m.
S.	9/28	Palatine Invitational	V, JV	Palatine, IL	9 a.m.
S.	10/5	Parkway West Invitational	V, JV, C	Living Word Church	10 a.m.
Th.	10/10	M.C.C. Championship	V, JV, C	Forest Park	4 p.m.
S.	10/19	Borgia Invitational	V2, JV, C	Big Driver Golf Center	10 a.m.
F.	10/25	Clayton Invitational	V2, JV	Shaw Park	3:45 p.m.
S.	10/26	District Meet	V	Forest Park	T.B.A.
W.	10/30	Findley JV/C Invitational.	JV, C	Forest Park	4:30 p.m.
S.	11/2	Sectional Meet	V	T.B.A.	T.B.A.
S.	11/9	State Meet	V	Jefferson City	11:30 a.m.
Su.	11/17	NXN Regional*	V	Terre Haute, IN	T.B.A.

Times are for Varsity races unless otherwise listed. Coaches will confirm all race times.

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

Head Coach: Joe Porter
Assistant Coaches: Tom Flanagan, Brian Gilmore, Chris Scott, Thomas Heidbrier, Jenn Deal, Brian Deal
Principal: Dr. John Moran
President: Mr. David Laughlin
Athletic Director: Dick Wehner
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Visit the SLUH XC Team Website: www2.sluh.org/sluhxc/
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