



SLUH

CROSS COUNTRY

2019 Schedule

2018 Conference Champions and Missouri State Runner-Up

Day	Date	Meet	Levels	Location	Time
M	8/12	First Day of Practice	ALL	SLUH	8:00am
Sa	8/17	Alumni Race	ALL	SLUH Track	10:00am
W	9/4	O'Fallon Futures Invitational	B, C	O'Fallon (Milburn)	4:15pm
Sa	9/7	Granite City Invitational	V, JV, B/C	Wilson Park	9:10am
Sa	9/14	Forest Park XC Festival	V, JV, C	Forest Park	10:40am
Sa	9/21	Paul Enke Invitational	V2, JV, C	Sioux Passage Park	9:00am
F	9/27	Ed White Invitational	V2, JV, C	Arnold City Park	4:00pm
Sa	9/28	Palatine Invitational	V, JV	Palatine, Illinois	10:50am
Sa	10/5	Parkway West Invitational	V, JV, B, C	Living Word Church	9:00am
Th	10/10	M.C.C. Championship	V, JV, C	Jefferson Barracks Park	4:00pm
Sa	10/19	Borgia Invitational	V2, JV, C	Big Driver Golf Center	8:30am
F	10/25	Clayton Invitational	V2, JV	Shaw Park	3:45pm
Sa	10/26	District 1 Championship	V	Jackson City Park	10:45am
W	10/30	Findley Memorial Invitational	JV, C	Jefferson Barracks Park	4:15pm
Sa	11/2	Sectional 1 Championship	V	Parkway Central H.S.	10:30am
Sa	11/9	State Championship	V	Gans Creek (Columbia)	12:05pm
Sa	11/16	NXN Regional*	V	Terre Haute, Indiana	T.B.A.
W	11/20	Team Banquet	ALL	SLUH (Si Commons)	6:00pm

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, Rich Esswein, Michael Lally, Riley Flynn, Jim Scariot
 President: Mr. Alan Carruthers
 Principal: Fr. Ian Gibbons, S.J.
 Athletic Director: Mr. Chris Muskopf
 XC Office Hotline: 314-531-0330 ext. 2262
 SLUH XC Team Website**: www.sluh.org/athletics/teams/cross-country/
 Follow us on Twitter: @sluhxctrack
 Follow us on Instagram: sluhxctrack

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

