



<b>2023 Covington High Cross Country Schedule</b>		
September 1, 2023	Slidell High Invitational	Fontainebleau State Park
September 9, 2023	Zydeco Scramble	Bogue Chitto State Park
September 16, 2023	PHS Cross Country Meet	Ponchatoula High School
September 23, 2023	STA- Southland Steel Invitational	Hammond, LA
September 30, 2023	St. Joseph's Invitational	Baton Rouge
October 7, 2023	Southeastern Cross Country Meet	Covey Rise Farm- Husser, LA
TBD	District Meet	Ponchatoula High School
TBD	Regional Meet	TBD
November 14, 2023	State Meet	Northwestern State University



**August 2023**

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7-	8	9	10	11	12
13	14-	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

**September 2023**

SUN	MON	TUE	WED	THU	FRI	SAT
					1- Slidell High Invitational (Fontainebleau State Park)	2
3	4- Practice	5 Practice	6 Practice	7 Practice	8 Practice	9- Zydeco Scramble (Bogue Chitto State Park)
10	11 Practice	12 Practice	13 Practice	14 Practice	15- BSN Sports Invitational (Hammond)	16- PHS Cross Country Meet
17	18 Practice	19 Practice	20 Practice	21 Practice	22 Practice	23- STA-Southland Steel Invitational (Hammond)

# CHSXC

COVINGTON HIGH

24	25 Practice	26 Practice	27 Practice	28 Practice	29 Practice	30- St. Joseph's Invitational (Baton Rouge)
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## October 2023

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 Practice	3 Practice	4 Practice	5 Practice	6 Practice	7- SLU Invitational (Covey Rise Farms- Husser, LA)
8	9 Practice	10 Practice	11 Practice	12 Practice	13 Practice	14-
15- District Meet Week	16 Practice	17 Practice	18 Practice	19 Practice	20 Practice	21
22-	23 Practice	24 Practice	25 Practice	26 Practice	27 Practice	28
29- Regional Meet Week	30 Practice	31 Practice				

## November 2023

			1 Practice	2 Practice	3 Practice	4-
5-	7 Practice	8 Practice	9 Practice	10 Practice	11 Practice	12
13	14 State Meet	15	16	17	18	19