



WESTON RANCH ATHLETICS

Cougar Cross Country 2024

| <u>DATE</u> | <u>TIME</u> | <u>LEVEL</u> | <u>OPPONENT</u> | <u>LOCATION</u> |
|-------------|-------------|--------------|-----------------|-----------------|
| Thur Sep 26 | 3:30 pm | JV/Varsity | Stagg | HOME |
| Thur Oct 3 | 3:30 pm | JV/Varsity | Edison/Tokay | Edison |
| Thur Oct 10 | 3:30 pm | JV/Varsity | BC/Franklin | Franklin |
| Thur Oct 17 | 3:30 pm | JV/Varsity | Chavez/McNair | HOME |

VARSITY HEAD COACH: EDDIE MENZEL

ASSISTANT COACH: APRIL WEST

Preseason Dead period begins: 7/1-7/14/24

Practice Begins: 8/5/24

1st Scrimmage date: 8/16/24

1st Contest date: 8/23/24

Sit out period: 9/28/24

Last contest date: 11/2/24

League tournament: 10/24/24

Sub Section: 11/9/24

Section: 11/16/24

State: 11/30/24