




WHEAT RIDGE CROSS COUNTRY 2019

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---------|-----------|--|--|--|----------------------------|
| AUGUST 12 Practice Starts-3:15 | 13 | 14 | 15 | 16 | 17 TEAM RUN AND PICNIC WRHS-9:00 | 18 |
| 19 PARENT MEETING 6:00PM WRHS Cafeteria | 20 | 21 | 22 | 23 PRE-STATE INVITE Norris Penrose Event Center Colorado Springs 2:30PM | 24 | 25 |
| 26  | 27 | 28 | 29 PONDEROSA INVITE Salisbury Park -3:30 | 30  | 31 | SEPT 1 |
| 2 Labor Day No School No Practice | 3 | 4 | 5  | 6 | 7 LIBERTY BELL INVITE Heritage High 8:48AM | 8 |
| 9 | 10 | 11 | 12 | 13 ARVADA WEST INVITE Stenger Complex-3:15PM | 14 | 15 FARMER'S 5000 |
| 16 | 17 | 18 | 19 | 20 DAVE SANDERS INVITE Clement Park -3:00PM | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |

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|--------|-----------|---|--|---|--|--------|
| 30 | OCTOBER 1 | 2 | 3 | 4 NORTHGLENN INVITE Open Space Park-2:00PM | 5 | 6 |
| 7 | 8 | 9 | 10 JEFFCO LEAGUE Stoney Creek Golf Course 2:00PM | 11 No School | 12 | 13 |
| 14 | 15 | 16  | 17 REGIONAL CHAMPIONSHIPS Monument Park Colorado Springs, CO | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 STATE CHAMPIONSHIPS Penrose Center Colorado Springs | 27 |

Web site for Cross Country: www.wheatridgecrosscountry.com

