

## Hemet Cross Country 2019 Tentative Schedule

Mon, May 6	Parent and athlete XC Meeting at the Track
Thu, May 9	Beginner XC coached practices (Mon & Thurs)
Fri, May 31	End of Beginner XC Coached practices
Sat, Jun 1	Begin Dead period...no Coached running.
Mon, Jun 24	Begin Coached Practices (Mon, Tues, Thurs, Fri)
Wed, Jul 3	Mammoth Qualifying Run 7:30am
Mon, Jul 8	Mammoth Permission and payment required
Sun, Jul 14	Mammoth High Altitude Training - returning July 21
Mon, Jul 15	XC Practice with Mammoth High School
Mon, Aug 19	Official Start of XC Training
Mon, Aug 26	Team Time Trial - Team Cut Warnings
Sat, Aug 31	Great Cow Run - Cerritos
Thu, Sep 5	DVL dual/tri -TBA
Fri, Sep 6	Official Team Cuts
Sat, Sep 7	High Desert Challenge – Apple Valley
Sat, Sep 14	Janice Kelley Bulldog Run – Diamond Valley
Thu, Sep 19	XC mid-season Potluck Dinner – Commons Area
Sat, Sep 21	Jeff Nelson Invitational – Griffith Park
Sat, Sep 28	46th Annual Dana Hills Nike Invitational
Thu, Oct 3	MPL Meet #1
Sat, Oct 5	Perris Valley XC Showdown
Thu, Oct 10	DVL Dual/Tri - TBA
Thu, Oct 17	MPL meet #2
Fri, Oct 25	Kit Carson Invitational - Escondido
Thu, Nov 7	MPL Final #3
Fri, Nov 15	CIFSS Prelims