

# **Cross Country Schedule**

**Tues, Sept. 3rd** - LCA Practice Meet (HS/MS)

**Sat, Sept. 7th** - Ascension Relay (HS/MS)

**Sat, Sept. 14th** - Off

**Sat, Sept. 21st** - LCA Meet Airfield (HS/MS)

**Sat, Sept. 28th** - No Shade in Cade (HS/MS)

**Sat, Oct. 5th** - Run for a Cure (HS/MS)

**Sat, Oct. 12th** - SNL Invitational (HS)

**Sat, Oct. 19th** - Rice Festival 5k

**Sat, Nov. 2nd** - Avery Island 5k/7k (HS)

**Thurs, Nov. 7th** - Regionals - Lake Charles

**Mon, Nov. 17th** - State Meet