**Spanish Fork High School**

2023 Cross Country Schedule

**Date** **Meet** **Bus Leaves First Race**

Wed Aug 2nd Parent Meeting Breakfast – SF Sports Park 7:15am

Mon-Wed Aug 7-9 Mountain Camp – Hobble Creek Canyon Suburbans 7:30am

Sat Aug 19th Pre-Region 7 @ SF Sports Park No Bus 8:00am

Sat Aug 26th UIAAA Invite @ SF Sports Park No Bus 8:00am

Fri Sept 1st Timpanogos Invite @ Lakeside Park Orem 7:15am 9:00am

Fri Sept 8th Spartan Invite @ Murray Park 1:30pm 3:30pm

Tues Sept 12th Sanpete Classic @ Fairview 2:00pm 4:00pm

Fri Sept 22nd TwiKnight Invite @ Art Dye AF 3:30pm 5:30pm

Mon Oct 2nd Region 7 Champs @ SF Sports Park No Bus 3:30pm

Tues Oct 10th State Divisionals @ Lakeside Orem 1:00pm 3:00pm

Tues Oct 24th State Championships @ Rose Park 8:30am 10:30am Girls

 11:30am Boys

Sat Oct 28th JV State Championships @ SF Sports Park No Bus 9:00am

**Post Season**

Sat Nov 6th UHSTCA Pre-Footlocker @ PG TBD

Sat Dec 2nd Footlocker West Regionals TBD

Head Coaches: Darin Cable, Kris Cary

Assistant Coaches: Chelsea Romney, Brennen Woodward, Katie Phipps

Note: All times are best guesses. We will update the team web site with firm times.

July 26, 2023