**Spanish Fork High School**

2019 Cross Country Schedule

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

Wed Aug 14th Highland Invitational @ Sugarhouse Park 12:00pm 2:00pm

Tues Aug 20th Parent Meeting 5:00pm

Wed Aug 21st **Pre-Region 8 @ SF Sports Park** No Bus 5:00pm

Sat Aug 24th Grass Relays @ Westlake HS 6:00am 7:30am

Fri Aug 30th Weber State Invite @ El Monte Golf Course 12:00pm 3:00pm

Fri Sept 6th Murray Invitational @ Murray Park 1:00pm 3:00pm

Sat Sept 14th BYU Autumn Classic @ East Bay Provo 7:30am 9:00am

Sat Sept 21st Bob Firman Invite @ Boise Idaho Friday 8am Sat: 9am

Fri Sept 27th **UIAAA Invite @ SF Sports Park** No Bus 1:00pm

Fri Oct 11th **Region 8 Champs @ SF Sports Park** No Bus 4:00pm

Wed Oct 23rd State Championships @ Sugarhouse Park 11:00am Girls 1:30pm

 Boys 3:00pm

**Post Season**

Sat Nov 9th UHSTCA Pre-Footlocker Invite American Fork

Sat Nov 23rd NXN Southwest Regional @ Casa Grande Arizona

Sat Dec 7th Footlocker West - California Leave: Wed Dec 4th Return: Sat Dec 7th

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

Updated August 18, 2019