

St. Monica Academy
Cross Country 2022-23 Schedule

Notes:

- Complete training calendar will be provided by Coach. Training will be 6 days/week through summer and season.
- Summer Dead Period (No organized training; train on your own or in groups): June 12 – 26.
- Weekly team group training: weeks of June 27 – August 15 (actual dates to be determined).
- Some dates subject to change pending arrangements for possible home meet.

August 25	8:00 – 9:30 a.m.	C.V. Park
August 30	8:00 – 9:30 a.m.	Hahamonga
Sept 1	8:00 – 9:30 a.m.	C.V. Park
Sept 2	8:00 – 9:30 a.m.	Upper Arroyo – Windsor lot - (optional)
Sept 6	12:15 – 1:30 p.m.	SMA (pending weather – may change or cancel)
Sept 8	2:45 – 4:00 p.m.	SMA
Sept 10	6:00 – 7:30 p.m.	La Canada HS – Optional track workout
Sept 13	2:45 – 4:00 p.m.	SMA
Sept 15	Woodbridge Invite	Norco
Sept 20	Desert Christian	Pelona Vista – Palmdale
Sept 22	2:45 – 4:00 p.m.	SMA
Sept 27	2:45 – 4:00 p.m.	SMA
Sept 29	Vasquez	Acton
Oct 4	2:45 – 4:00 p.m.	SMA
Oct 6	Central Park	Santa Clarita
Oct 11	2:45 – 4:00 p.m.	SMA
Oct 13	Montrose	CV Park Home Meet
Oct 18	2:45 – 4:00 p.m.	SMA
Oct 21	Mt. SAC	Walnut
Oct 25	2:45 – 4:00 p.m.	SMA
Oct 27	League Finals	Pelona Vista-Palmdale
Nov 12	CIF Prelims	
Nov 19	CIF Finals	