

2023 Cross Country Schedule			
DATE	MEET	PLACE	LEVEL
Thursday, August 10	Begin regular practice, Mon-Fri, 3:15-4:45	Track;- pick up between theater and old gym	All
Thursday, August 24	Time Trials	Saint Paul's	All
Fri, Sept 1- Mon, Sept 4	No team practice	School holiday & Labor Day	All
Friday, September 8	Pictures	SPS- Location to be determined	All
Saturday, September 9	Episcopal Round Table Run	Highland Road Park, BR, LA	JV, V
Friday, September 15	BSN Sports Invitational	Saint Thomas Aquinas	All
Thursday, September 21	Perfectly Fit Tangi Championships	Saint Thomas Aquinas	JH
Saturday, September 23	STA Southland Steel Invitational	Saint Thomas Aquinas	JV, V
Thursday, September 28	TA-CES Invitational	Covington, LA	JH
Saturday, September 30	St. Joseph's High School Invitational	Highland Road Park, BR, LA	JV, V
Saturday, October 7	SLU High School Invitational	Covey Rise - Husser, LA	All
Saturday, October 14	STA- Bruce O'Krepki Invitational	Saint Thomas Aquinas	All
Saturday, October 21	District Meet	Ponchatoula High School	JV, V
Friday, November 3	Regional Championships (Top 7 only)	City Park, New Orleans, LA	V
Sun-Mon, Nov 12-13	State Meet (Varsity)	NORTHWESTERN STATE UNIVERSITY,	V
TBD	AWARDS BANQUET	TBD	All