



HARRIERS 2023 CROSS COUNTRY SCHEDULE

- September 11th—First practice at Franklin Park
- September 22nd—Sun City home meet (Friday) at Franklin Park 6pm
- September 30th—Sunfair Invitational—Franklin Park in the am
- October 7th—FWTC Autumn Classic (Five Mile Lake Park in Federal Way) *Optional Meet*
- October 14th—Apple Ridge Run in Cowiche
 - OR Cascade Strider Invitational in Bellevue (Wilburton Park for grades 7-8)
 - End of the regular season

KEY DATES

- Mondays—Practice at Franklin Park from 5:30-6:30pm
- Wednesdays—Second practice at Kissel Park from 5:30-6:30pm

Practices are on Monday's and Wednesday's

OPTIONAL MEETS

September 9th--Runner's Soul XC Fest in Hermiston
September 16th--Fort Steilacoom Invitational
September 23rd--The Mook XC Invite in Tillamook, OR
October 29th--Stumptown Youth XC Championship in Monmouth, OR

POST-SEASON

For families and kids that can't get enough of running

- October 28th--Rain City Flyer Stampede in Seattle
- November 11th—USATF Junior Olympic Association Championships in Spokane or Yakima*
- November 18th—Junior Olympic Regional Championships in Lake Pend Oreille, ID
- December 2nd—AAU Junior Olympic Cross-Country Nationals in Tallahassee, FL Championships
- December 9th--USATF Nationals in Louisville, KY

*Post-season is not covered in regular team fees
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*Many locations have not been announced yet but dates occur on the same weekends each year.