



HARRIERS 2024 CROSS COUNTRY SCHEDULE

- September 9th and 11th—First practice at Franklin Park (Mondays), Kissel Park (Wednesdays).
- September 20th—Sun City time trial (Friday) at Franklin Park 5:30pm (time trial starts at 6pm)
- September 29th—West Seattle Road Runner Rust Buster (Sunday Meet, must pre-register for this meet).
- October 4th—Sun City Harrier Home Meet (Friday) at Franklin Park 5:30pm (races starts at 6pm)
- October 19th—Apple Ridge Run in Cowiche
 - 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 Mondays and Wednesdays

OPTIONAL MEETS

Several optional meets are added every year. Ask a coach if you would like one added to the schedule.

POST-SEASON

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

- October 12th-Cascade Striders
- October 26th-Rain City Flyer Stampede in Seattle
- Stumptown Meet in Oregon
- November 16th—USATF Junior Olympic Association Championships in Spokane
- November 16th—Junior Olympic Regional Championships in Tacoma.
- Nike NXR Regional Meet in Boise, Idaho (middle and high school only)
- December 7th—AAU Junior Olympic Cross-Country Nationals in Charlotte, NC Championships
- December 14th--USATF Nationals in Lexington, 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.