

**Washoe County School District
CROSS COUNTRY
2022-2023**

FINAL APRIL 26, 2022

HOST SCHOOL IS bold and underlined

Practice begins Thursday, August 22, 2022

Meets begin at 3:00 pm.

Pre-Season coaches meeting Wednesday, August 17 at 3:00 at Marce Herz

Thursday, Sept 1, 2022

Location

<u>Clayton</u>	Pine	O'Brien	Billingshurst	at Rancho
<u>Vaughn</u>	Mendive	Herz		at Hidden Valley
<u>Desert Skies</u>	Sky Ranch	Sparks		at Desert Skies
<u>Cold Springs</u>	Shaw	Dilworth	Depoali	at Cold Springs

Thursday, September 8, 2022

Location

<u>Sparks</u>	Depoali	Dilworth		at Sparks MS
<u>Mendive</u>	Swope	Traner		at Mendive
<u>Pine</u>	Vaughn	Sky Ranch	O'Brien	at Bartley Ranch
<u>Billingshurst</u>	Shaw	Desert Skies		at Billingshurst
<u>Herz</u>	Cold Springs	Clayton		at Marce Herz

Tuesday, September 13, 2022

Location

<u>Dilworth</u>	Vaughn	Sparks	Billingshurst	at Lazy 5
<u>Shaw</u>	Mendive	Desert Skies	Clayton	at Shaw
<u>Sky Ranch</u>	Swope	Traner	Cold Springs	at Sky Ranch
<u>Herz</u>	O'Brien	Depoali	Pine	at Marce Herz

Thursday, September 15, 2022

Location

<u>Mendive</u>	ALL SCHOOL INVITATIONAL			at Shadow Mountain
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Guidelines for Cross Country

REGULATIONS:

1. Each school may sponsor (4) teams: 7th boys, 7th girls, 8th boys, 8th girls.
 - a. 6th graders can practice and compete in home meet only . (School site based)
2. Race distance 1 -2 miles. Bring course map to the Pre-Season meeting.
3. No limit on number of entries
4. Each participant should be able to run a 10 minute mile. (Exceptions can be made by coach)
5. Host school is responsible for setting up meet, notifying other schools about location, time, final results, stickers, etc.
6. Teams that use the city or county parks must coordinate the use through the govt. entities and prior to the event
 - a. send all paperwork to Student Activities
7. Order of Events: 8th girls, 8th boys, 7th girls, 7th boys, 6th girls, 6th boys