

2023 Cross Country Schedule



DATE	TIME	GRADES	PLACE
8-26	8:45 A.M.	6 TH -12 TH	SEQUOYAH
8-31	7:30 P.M.	9 TH -12 TH	RSU (Mohawk Park)
9-7	4:30 P.M.	6 TH -12 TH	FOYIL
9-12	9:45 A.M.	6 TH -12 TH	INOLA
9-19	4:00 P.M.	6 TH -12 TH	CLEORA
9-26	3:30 P.M.	6 TH -12 TH	ADAIR
10-6	9:30 A.M.	9 TH -12 TH	CLAREMORE
10-16	4:00 P.M.	6 TH -12 TH	CONFERENCE (TBA)
10-21	9:00 A.M.	9 TH -12 TH	REGIONALS (TBD)
10-28	1:00 P.M.	9 TH -12 TH	STATE (EDMOND)

Information on start time for each grade level can be found on ohstrack.com