

2023 East Ridge Cross Country schedule:

Weekday meets are typically later afternoon with the first race between 4-5pm. As fall progresses daylight is less, so race times move to the earlier end of that. SEC, the Suburban East Conference Meet in Forest Lake, is early afternoon. I would imagine the new section, 4AAA, will be too. For our former section, there was not a JV race. A decade ago, we were in section 4 and they did have a JV race. Hopefully we will learn more on this soon.

8/14 Mon- 8:30-10am First day of practice

*For the first two weeks: Mon- Sat. 8:30-10am M, W, TH, F with TU 8:30-10:30 and Sat 9-10am

8/23 Wed- Annual "Under the Lights" intersquad race in the stadium. Also a parent meeting and other info 7pm; race at 8:30pm.

*beginning 8/28 practice moves to 3:30-5pm (Tuesdays until 5:30 and Sat remaining at 9-10am)

8/31 Th- Grey Cloud Invite

*9/1 Fri- 8:30am practice.

9/7 Th- DM invite at St Croix Bluffs

9/15 Fri -Blaine Invite

9/29 Fri- Red Wing Invite

10/1 TCM hydration station volunteer/fundraising – exciting to get this opportunity. Joining your teammates for this nationally recognized race by working this station is fantastic.

10/6 Team picture day

10/7 Sat Simley Invite

10/17 Tues- SEC champ meet in Forest Lake at Tanner's Brook Golf Course

10/19-21 MEA AM practices V must attend 2 of 3 Th 8:30, Fri 8:30 and Sat 9am.

10/25 Wed- 4AAA at Highland Golf Course

11/4 Sat- state TBD for site

11/12 Sun- NXR (optional meet in Sioux Falls, SD).

11/17 Fri- Team Banquet at River Oaks in Cottage Grove