



ST. ELIZABETH'S CROSS COUNTRY

XC IS HERE!!

Cross Country (XC) is being offered as a middle school fall sport for 2022. The season will begin with a "Mile Time Trial" on Monday 8/29 immediately after school. Practices will be Mon-Wed right after dismissal.

Further Questions? Contact Coach Pack – quinnpack@sesden.org

SES MILE TIME
TRIAL 8/29

SLAVENS INVITE 9/9

HAWK INVITE 9/16

NORTHFIELD
NIGHTHAWK INVITE
9/24

RUNNERS ROOST
INVITE 9/27

PRACTICES M/T/W
AFTER DISMISSAL

