



2023 GOHS XC Schedule

| Date | Day | Approx Time | Who? | Division | Meet | Location |
|------------|-------------------|----------------|--------------------------|--|--|--|
| July 17 | Monday | 6:15 AM | All | Open | Time Trial | Butterfield Stage Park Temecula |
| July 22-29 | Sat-Sat | TBD | Top 16's+ Top Frosh; All | GOHS XC Training Camps: Mammoth and Temecula Locations | | Mammoth – Top 16's Temecula – all other GOHS XC Runners |
| Aug 18 | Friday | 4:00 PM | All Frosh Only | Open | Time Trial #2 | GOHS Back Field |
| Sept 2 | Saturday | 2:00 PM | All | Div 1 | Asics Cool Breeze Evening Invitational | Pomona Fairplex Pomona, CA |
| Sept 16 | Saturday | 3:50 PM | All | Div 1 | Woodbridge Invite | Great Park Irvine, CA |
| Sept 23 | Saturday | TBA | All | | Dana Hills Invite | CANCELED |
| Sept 23 | Saturday | TBA | All | | Team Beach Workout and Beach Party | TBA |
| Oct 7 | Saturday | Overnight Trip | 56 Selected Athletes | Div 1 | Clovis Invitational | Clovis, CA |
| Oct 11 | Wednesday | 4:00 PM | All | Div 1 | Southwestern League Meet #1 | Galway Downs |
| Oct 12-15 | Thurs-Sun | Overnight Trip | Top 7's | Div 1 | Manhattan College XC Invitational | Riverdale, New York |
| Oct 20-21 | Saturday | TBA | All | Div 1 | Mt Sac Invite | Mt. Sac - Walnut |
| Oct 27 | Friday | TBA | All | Div 1 | Arcadia Invite | Arcadia, CA |
| Nov 1 | Wednesday | 2:00 PM | All | Div 1 | Southwestern League Finals | Galway Downs |
| Nov 10-11 | Friday – Saturday | TBA | Top 16's | Div 1 | CIF Prelims | Mt Sac XC Course |
| Nov 18 | Saturday | TBA | Top 16's | Div 1 | CIF Finals | Mt Sac XC Course |
| Nov 25 | Saturday | TBA | Top 16's | Div 1 | State Meet | Woodward Park – Fresno |
| Dec 2 | Saturday | TBA | 14 Selected Athletes | Div 1 | Nike Cross Nationals | |
| | | | | | Footlocker West Reg | |

Anything in **BLUE ITALICS** or **highlighted in yellow** is not definite yet. Coach Draughon is working on all of these.