



2023 Boy's Cross Country Schedule

Monday, August 14	First Day of Practice at MHS track - 7:30-9:30am - Monday-Saturday
Friday, August 18	Alumni Run (CC Team time trial 2.3 miles on track/trails/fields at MHS - everyone participates, will help determine varsity/JV teams for 1st official meet) - Race starts at 7:00PM sharp, arrive no later than 6:00PM to sign up and warmup - **Girls Races afterward (All runners compete)
Monday, August 21	Parent Meeting (Recommended) - 5-5:45pm - MHS Forum
Thursday, August 24-	Team Training Camp in Battle Lake (very recommended for everyone, but not required) Practice will be same place and time at MHS on Thursday and Friday with Coach Lewis if not attending. More specific info link on website. Signup will be in the immediate days leading up to leaving. Team will be transporting on a bus to and from. Permission slip handed out at practice and on website. Load bus at 7:30am and depart for camp from MHS track at 8:00am
Thursday, August 31	Maple Grove Crimson Twilight Meet - Elm Creek Park Preserve - 5k - Middle School Race - 2 miles - 7:10PM, JV C Race- 7:30PM, JV Race - 8:35PM, Varsity - 9:35PM (All runners compete-transportation on your own-no morning practice that day)
Monday, Sept 4	Labor Day - (No scheduled practice. Practice on own. Workouts will be provided.)
Tuesday, Sept 5	First Day of School **Practice time on weekdays shifts to 3:00-5:00PM for the rest of the season - Saturdays will remain at 7:30AM and during MEA break.
Thursday, Sept 7	Steve Hoag Invitational - 4:15PM - Anoka High School (All JV runners not racing at Nike will compete)
Saturday, Sept 9	Nike Preview Invite, Sioux Falls, SD at Yankton Trails Park - Varsity 10:00AM, JV 11AM (overnight trip, Varsity Top 20 only TBD Meet - Transportation will be a bus to and from. (Depart Friday, Sept 9 at 12:00PM and return around 6PM on Sat)
Thursday, Sept 21	Burnsville Blaze Invite at Nicollet Middle School - 4:25PM - JV Race, 5:00PM Varsity (for all runners not racing at Griak)
Friday, Sept 22	Roy Griak Invitational - University of Minnesota Golf Course - 1:30PM - Championship Race (Varsity Top 10 runners only)
Saturday, Sept 23	Bus up to St. John's University for practice and brunch - Depart at 7:00AM
Wednesday, Oct 4	Hoka 3200 meter team time trials@MHS track - 6:30-8:00pm (everyone competes)
Thursday, Oct 12	Lake Conference Championships at Gale Woods, Minnetrista - 3:40PM Varsity, 4:40pm J.V., 6:05pm Awards - (All runners compete - Top 16 finishers in varsity race will earn all conference)
Tuesday, Oct 17	Dundee Invite at Central Park, Brooklyn Park - 4:10PM - JV Race, 5:30pm - Varsity
Monday, Oct 23	Lefty Wright JV Grade Level Championships at Bassett Creek Park, Crystal - 4:00PM - 9th grade race, 4:55pm - Sophs, 5:15pm - JR/SR- (JV runners 8 + only)
Tuesday, Oct 24	Section 2AAA Championships at Gale Woods, Minnetrista - 3:40PM - (Top Varsity 7 runners only)
Saturday, November 4	State Cross Country Championships at University of Minnesota Golf Course (Qualifiers only) - AAA Boys 10:00AM

Post Season

Sunday, November 12	Nike Regionals at Sioux Falls, SD (everyone qualifies for, very recommended, but not required)
Thursday, November 16	Team Awards Banquet at Minnetonka Community Center 5:30-8:00pm
Saturday, December 2	Nike Cross Nationals?? at Portland, OR (Top 2 teams in Regional automatically qualify for, also possible at large bid in)

******(Specific times to meets may be subject to change in the week leading up to. Check team website for any possible changes.)