

Cross Country Meet Schedule 2023

Meet Name	Location	High School	Middle School	Date
First Day of Practice for HS	Homedale High School	x		8-7
First Day of Practice for MS	Homedale High School		x	8-14
Vale Dash-n-Splash	Vale, Oregon	x		8-24
Middleton Dirty Dash	Middleton		x	8-30
Caldwell Twilight	Caldwell High School	x		8-31
SRV Meet	Parma	x	x	9-12
Bob Firman Invitational	Eagle Island State Park	x	x	9-22, 23
Rambler Lake Run	Cascade	x	x	9-28
Melba Invite	Melba	x	x	10-5
Winston Tilzey Invitational	Nampa, West MS		x	10-11
Bugtown Invite (Pending)	Middleton	x		10-12
3A District Meet	McCall	x		10-18
3A State Meet	TBA	x		TBA

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Eligibility Requirements: All athletes must have their paperwork for physicals, insurance, etc. submitted online before they are able to practice. Each athlete must attend 10 practices before they are eligible to compete.

Practices are Monday - Thursday 4:15-6:00, with Friday practices starting at 10:00 am. On school days, the MS athletes will ride the buses from the MS to the HS and then walk down to the HS track where we gather under the shade of the trees. This is also where they can be picked up at the end of practice.

Races: All athletes are required to ride the bus to competitions and will be dropped off at the HS after the meet is over. We have everyone call home when we are about 30 minutes out so that parents have plenty of time to get to the HS before the bus arrives.

Meets are generally started at 4:00 with MS Girls running first followed by MS Boys. The HS Girls will be starting at approximately 5:00 with the HS Boys following.