***Next Event:***

**Practice Schedule: 2024 WHS Cross Country**

* August 8 - Thursday at Wooster Track 4:30p-7:30p
	+ **WHS Community Night**
* August 9 - Friday at Wooster Track 10:00a-11:30a
* August 10 – Saturday at Wooster Track 10:00a -11:30a
* ***August 12 - Monday First Day School (NO PRACTICE)***
* August 13 - Tuesday at Wooster Track 3:00p-4:30p
* August 14 - Wednesday at Wooster Track 2:15p-3:45p
* August 15 - Thursday at Wooster Track 3:00p-4:30p
* August 16 - Friday at Wooster Track 3:00p-4:30p
* ***August 17 - Saturday at Virgina Lake Park Playground 9:00a-10:30a***
*
* August 19 - Monday at Wooster Track 3:00p-4:30p
* August 20 - Tuesday at Wooster Track 3:00p-4:30p
* August 21 - Wednesday at Virginia Lake Park Playground 2:30p-4:00p
* August 22 - Thursday at Virginia Lake Park Playground 3:15p-5:00p
* August 23 - **Friday at Douglas Class Races (Bus Provided)**
*
* August 26 - Monday at Virginia Lake Playground 3:15p-5:00p (Hill Day)
* August 27 - Tuesday at Virginia Lake Playground 3:15p-5:00p
* **August 28 - Wednesday at Wooster Track 6:30a-7-30a (RCO)**
	+ **Nugget Rib Cookoff Volunteers - Lemonade 3:00p- 9:30p**
	+ (Need 1 Parent & 5-6 student-athletes)
	+ Earn 25% Off Spirit Pack!
* **August 29 - Thursday at Wooster Track 6:30a-7-30a (RCO)**
	+ **Nugget Rib Cookoff Volunteers - Lemonade 3:00p- 9:30p**
	+ (Need 1 Parent & 5-6 student-athletes)
	+ Earn 25% Off Spirit Pack!
* **August 30 - Friday at Wooster Track 6:30a-7-30a (RCO)**
	+ **Nugget Rib Cookoff Volunteers - Lemonade 3:00p- 9:30p**
	+ (Need 1 Parent & 5-6 student-athletes)
	+ Earn 25% Off Spirit Pack!
* ***August 31- Saturday, Holiday Long Run or Aerobic Activity 40-50min***
*
* ***September 2- Monday Holiday Long Run or Aerobic Activity 40-50min (Hill Day)***
* September 3- Tuesday at Virginia Lake Playground 3:15p-5:00p
* September 4- Wednesday at Wooster Track 2:15p-3:45p
* September 5 - Thursday at Virginia Lake Playground 3:15p-5:00p
* September 6 - Friday at Virginia Lake Playground 3:15p-5:00p
* **September 7 – Saturday Nevada Union Invite in Grass Valley, CA (Parent Transportation is Required)**

***Practice moves to Bartley Ranch Park on MONDAY 9/9/24***

* September 9 - Monday at Bartley Ranch Park 3:15p-5:00p (Hill Day)
* September 10 - Tuesday at Bartley Ranch Park 3:15p-5:00p
* September 11 - Wednesday at Bartley Ranch Park 2:30p-4:00p
* September 12 - Thursday at Bartley Ranch Park 3:15p-5:00p
* September 13 - Friday at Bartley Ranch Park 3:15p-5:00p
* **September 14 – Saturday Josh Ruff Memorial Invitational in Folsom, CA (Parent Transportation is Required)**
* September 16 - Monday at Bartley Ranch Park 3:15p-5:00p (Hill Day)
* September 17 - Tuesday at Bartley Ranch Park 3:15p-5:00p
* September 18 - Wednesday at Bartley Ranch Park 2:30p-5:00p
* September 19 - Thursday at Bartley Ranch Park 3:15p-5:00p
* September 20 - Friday at Bartley Ranch Park 3:15p-5:00p
* **September 21- Saturday Bret Hart Frogtown Invite in Angels Camp, CA (Parent Transportation is Required)**
* September 23 - Monday at Bartley Ranch Park 3:15p-5:00p (Hill Day)
* September 24 - Tuesday at Bartley Ranch Park 3:15p-5:00p
* September 25 - Wednesday at Bartley Ranch Park 2:30-5:00p
* September 26 - Thursday at Bartley Ranch Park 3:15p-5:00p
* September 27 - Friday at Bartley Ranch Park 3:15p-5:00p
* **\*\*\*September 28 - Saturday at Truckee XC Invite Truckee, CA\*\*\***
	+ **Dress warmly and eat a good breakfast in morning before you leave for bus.**
	+ **Varsity Boys @ 10:30a  Varsity Girls**
* September 30 Monday at Bartley Ranch Park 3:15p-5:00p (Hill Day)
* October 1 – Tuesday at Bartley Ranch Park 6:45a-8:00a
* October 2 - Wednesday at Bartley Ranch Park 6:45a-8:00a
* October 3 - Thursday at Bartley Ranch Park 6:45a-8:00a
* **October 4 - Friday at Reed Invitational Sparks, NV**
	+ **JV Boys @ 2:50p - Varsity Boys @ 350p - Varsity Girls @ 4:15p**

***Fall Break Practice Schedule October 7-12***

* October 7 - **Monday Practice at home *(5 mile Hill Run or 50min aerobic activity & stretch)***
* October 8 - **Tuesday at home *(warmup exercise drills, strides, 20min run & stretch)***
* October 9 - Wednesday at Bartley Ranch Park  6:45a-8:00a
* October 10 – Thursday at Bartley Ranch Park
* October 11 -Friday at Team Workout
* October 14- **Monday Practice at home *(5 mile Hill Run or 50min aerobic activity & stretch)***
* October 15 - **Tuesday at home *(warmup exercise drills, strides, 20min run & stretch)***
* October 16 - **Wednesday at Incline Highlander XC-5K**
	+ **Boys @ 3:30p Girls @ 4:00p**
* October 17 - Thursday at Bartley Ranch Park 6:45a-8:00a
* October 18 - Friday at Team Workout

September 30- Monday at Bartley Ranch Park 3:15p-5:00p (Hills)

September - Tuesday at Bartley Ranch Park  Park 3:15p-5:00p

**September 27 - Wednesday at Wooster Track 6:30a-7:00a (morning workout!)**

September 28 - Thursday at Bartley Ranch Park  3:15p-5:00p

**September 29- Friday at Wooster Track  3:15p-5:00p (stretch & pizza day)**

* **September 26 - Friday at Reed Invitational Sparks, NV**
	+ **JV Boys @ 2:50p - Varsity Boys @ 350p - Varsity Girls @ 4:15p**

**Varsity Boys @ 10:30a  Atticus, Carson, David, Justice, Tripp**

**Dress warm and eat a good breakfast in morning before you leave for bus.**

***Fall Break Practice Schedule October  2-6***

**October 2 - Monday Practice at home *(5 mile Hill Run or 50min aerobic activity & Stretch)***

October 3 - **Tuesday at home *(warmup exercise drills, strides, 25min run)***

October 4 - Wednesday at Bartley Ranch Park  6:45a-8:00a

October 5 - Thursday at Bartley Ranch Park 6:45a-8:00a

**October 6 - Friday No Practice**

October 9 - Monday at Bartley Ranch Park 3:15p-5:00p

October 10 - Tuesday at Bartley Ranch Park 3:15p-5:00p

**October 11 - Wednesday at Incline Highlander XC-5K**

**Boys @ 3:30p Girls @ 4:00p**

**October 12 -Thursday at  Team Workout**

**October 13 - Friday at  No Practice**

***October 15 - Sunday at Lake Tahoe Marathon 10K & Kids Run Volunteer***

***Volunteer event must provide their own transportation***

***7:30a- 12:00ap at South Lake Tahoe, Stateline California***

***First, we run then we help with the kids' races***

[***9:00a start 10K | Lake Tahoe Marathon | California and Nevada***](https://www.laketahoemarathon.com/10k)

[***10:15-10:30a approx start  Kids Fun Runs | Lake Tahoe Marathon | California and Nevada***](https://www.laketahoemarathon.com/kids)

* October 16 - Monday Virginia Lake 3:15-5:00p
* **October 17 - Tuesday at Spanish Springs JV Championships**
	+ **Races: 3:00p Boys: Carson, David, Tripp**
	+ **3:30p Girls: Lilli**
* October 18- Wednesday at Wooster Track 2:15p-3:45p
* October 19- Thursday at Bartley Ranch Park 3:15p-5:00p
* **October 20- Friday at Dave Marson Trail XC Invite**
	+ **Races: 3:30p Girls, 4:15p Boys**
* October 23 - Monday at Bartley Ranch Park 3:15p-5:00p
* October 24 - Tuesday at Bartley Ranch Park 3:15p-5:00p
* **October 25 - Wednesday *(REGIONAL XC COURSE PREVIEW) Practice*at Rancho San Rafael Park 3:35p-5:25p**
	+ ***Meet at the bus pickup area 2:45p for transportation to Park***
	+ ***Parent pickup will be at Rancho San Rafael Park near the Gazebo parking lot 5:25p***
* **October 26- Thursday at Mary Go Jack Park 3100 Skyline (3:15p-5:00p)**
	+ ***Meet at the bus pickup area at 2:45p for transportation to Mary Go Jack Park***
	+ **Team Pasta Dinner with the Boyer Family 5:00p-8:00p**
* **October 27 - Friday at Northern Regional Cross Country Championships at Rancho San Rafael Regional Park**
	+ **8:00a Bus leaves Wooster**
		- **10:40 a.m. Class 3A Northern GIRLS**
		- **12:00 p.m. Girls Awards**
		- **1:10 p.m. Class 3A Northern BOYS**
		- **2:20 .m.  Boys Awards**
	+ NO BUS RETURN TO WOOSTER
	+ October 30 - Monday at Bartley Ranch Park 3:15p-5:00p
	+ October 31 - Tuesday at Bartley Ranch Park 3:15p-5:00p
	+ November 1 - Wednesday at Wooster Track 2:15p-3:45p
	+ **November 2 - Thursday at Wooster Track 3:15p-5:00p**
	+ November 3 - Friday at Boyers 3:35:p-5:00p
		- Team Dinner with the Boyers 4:30p -5:30p
		- Wooster Football Playoff Game at Galena 6:00p
		- Parent pickup at Boyers 8:45p
	+ **November 4 - Saturday at NIAA Nevada 3A State Cross Country Championships at Rancho San Rafael Regional Park**
		- **10:40 a.m. Class 3A Northern GIRLS - Lilli**
		- **12:00 p.m. Girls Awards**
		- **1:10 p.m. Class 3A Northern BOYS - Atticus, Carson, David, Justice, Tripp**
		- **2:20 .m.  Boys Awards**
	+ **Meet Info...** <https://docs.google.com/document/d/1ZNQz9e4lfVSr_dH9jEBWYDzVZzr99NjTmHAW-m9NmQ4/edit>
	+ **Course Map...** <https://d2o2figo6ddd0g.cloudfront.net/f/9/38u12nnqhfk4j4/Rancho_San_Rafael_5K_Course_-_NIAA_XC.pdf>
	+ **Meet Entries...** [//assets.sp.milesplit.com/meets/580391/files/meet\_entries.pdf](https://assets.sp.milesplit.com/meets/580391/files/meet_entries.pdf)
	+ **Live Results link...**<https://runsignup.com/race/results/?raceId=155595#resultSetId-420714;perpage:100>

**November 9 - Thursday End Season Award Party (TBA) Bocce Ball**

**November 15 Friday NCAA Mountain West Regional Cross Country Cha**

* + **UNR Cross Country Meet Volunteer at Washoe Golf Course  Urban &  Arlington 6:45a-10:00a**
	+ **7:00 volunteer meeting near the finish line.**
	+ **This is an opportunity to be part of a Division 1 NCAA College Cross Country Event only if you want to attend.**

**Parent Spirit Gear is now available to order.**

* + **Hoodie $45 or Long Sleeve T-Shirt $25**
	+ **Text Coach Davis size by Monday, Sept 4**

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| --- | --- | --- |
| A horse and horseshoe with numbers  Description automatically generatedColts | Wooster2024 Cross Country Calendar | A horse and horseshoe with numbers  Description automatically generatedColts |

| **Date** | **Meet Name** | **Location** | **Time** | **Depart** | **Return** |
| --- | --- | --- | --- | --- | --- |
| Thu, Aug 8 | Colt Community Night (Athletic Department's Open House) |  |  |  | 4:30 PM | 7:30 PM |
| Mon, Aug 12 | FIRST DAY OF SCHOOL (NO PRACTICE!) |  |  |  |  |  |
| Thu, Aug 15 | WOOSTER PARENT MANDATORY MEETING |  |  |  | 6:00 PM | 7:30 PM |
| Fri, Aug 23 | Douglas Class Races | Lampe Park | Gardnerville, NV | 3:00 PM |  |  |
| Wed, Aug 28 | Fundraiser Rib Cook Off at Nugget Casino |  |  |  | 3:00 PM | 9:30 PM |
| Thu, Aug 29 | Fundraiser Rib Cook Off at Nugget Casino |  |  |  | 3:00 PM | 9:30 PM |
| Fri, Aug 30 | Fundraiser Rib Cook Off at Nugget Casino |  |  |  | 3:00 PM | 9:30 PM |
| Sat, Sep 7 | Nevada Union Cross Country Invitational | Nevada Union High School | Grass Valley, CA |  | 5:00 AM | 3:00 PM |
| Sat, Sep 14 | Josh Ruff Memorial Invitational | Willow Hills Reservoir Course | Folsom, CA | 9:00 AM | 4:45 AM | 4:00 PM |
| Sat, Sep 21 | Bret Harte Frogtown Invite 2024 | Calaveras County Fairgrounds | Angels Camp, CA |  | 5:30 AM | 8:00 PM |
| Sat, Sep 28 | Truckee Cross Country Invitational | Ponderosa Golf Course | Truckee, CA |  | 6:00 AM | 1:30 PM |
| Fri, Oct 4 | Reed Invitational | Shadow Mountain Park | Sparks, NV |  |  |  |
| Wed, Oct 16 | Highlander 5K |  | , |  |  |  |
| Sun, Oct 20 | Lake Tahoe Marathon 5K/10K- {Volunteers & Bonding) |  |  |  | 7:00 PM |  |
| Mon, Oct 21 | Spanish Springs JV Invitational | Golden Eagle Park | Sparks, NV |  |  |  |
| Fri, Oct 25 | NIAA Northern 3A Region Championships | Rancho San Rafael | Reno, NV |  |  |  |
| Sat, Nov 2 | Nevada State Cross Country Championship (Las Vegas area) |  |  |  |  |  |
| Wed, Nov 13 | End Season Awards Party (TBA) |  |  |  |  |  |
| Fri, Nov 15 | NCAA Mountain Regional Championships (Volunteers) |  |  |  |  |  |

##### **Visit**[**https://www.athletic.net/**](https://www.athletic.net/)**for meet results.**