

CROSS-COUNTRY SCHEDULE: 2024

RIVISED:

September 18 - Race #1 Mission Creek Regional Park

September 25 - Race #2 Knox Mountain (dropoff in Magic Estates)

October 2 - Race #3 Mar Jok Elementary

October 9 - Race #4 Quail Flume trails. Access from UBC-O. Note: This race is only open to Grade 9-12 athletes and exceptional Grade 8s (by invitation only).

October 16 - Race #5 Mission Sports Fields (by the Capital News Center)

October 22 - Valley Championships TBD. Just waiting for final confirmation but likely at Mission Sports Fields.