**2023 Cross Country Schedule**

August 19th Ames Day run GS/JH/HS

August 26th Alva JH/HS

August 29th Salt Plains GS/JH/HS

September 2nd Melon dash-RW GS/JH/HS

September 16th Hennessey GS/JH/HS

September 19th Timberlake GS/JH/HS

September 26th Mooreland GS/JH

TBA Medford GS/JH

September 30th OBA JH/HS

October 7th Watonga JH/HS

Regionals TBA HS