

# Oak Valley Falcons Cross Country

## Schedule for 2022

<b>Date</b>	<b>Meet</b>	<b>Location</b>
Friday 9/23	Bernardo Heights Invitational	BHMS
Friday 9/30	Oak Valley Invitational	OVMS
Friday 10/7	Meadowbrook Invitational	MBMS
Friday 10/14	Mt SAC	Mt SAC
Friday 10/21	Twin Peaks Invitational	TPMS
Friday 10/28	Mesa Verde Invitational	MVMS
TBD	Rotary Fun Run	Mt Carmel HS

\*The meets at , Bernardo Heights, Oak Valley, Meadowbrook, Mesa Verde, Twin Peaks and Rotary Fun Run are all free of charge and open to all PUSD middle school students. **The races start at 4:00 with the 6<sup>th</sup> graders going first.** All runners should arrive at the meet at least 20 minutes prior to their race to get familiar with the course and get a good warm-up.

**\*\*VOLUNTEERS NEEDED!!!** We will need lots of volunteers to help at the Oak Valley Invitational. We need parents at the finish line and along some portions of the course to help safely guide the runners. If you can help, please contact Coach Kenny @ [kdaum@powayusd.com](mailto:kdaum@powayusd.com).

\*\*\*Runners will have to provide their own transportation to and from all of the meets with the exception of Mt SAC. We will be taking a bus to Mt SAC. See the Mt SAC handout for more details.