

Oak Valley Falcons Cross Country

Schedule for 2021

Date	Meet	Location
Friday 9/24	Bernardo Heights Invitational	BHMS
Friday 10/1	Oak Valley Invitational	OVMS
Friday 10/8	Twin Peaks Invitational	TPMS
Friday 10/15	Mt SAC Invitational	Mt SAC
TBD	Mesa Verde Invitational	MVMS
TBD	Rotary Fun Run	Mt Carmel HS

*The meets at , Bernardo Heights, Oak Valley, 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 6th 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.

*******Runners will have to provide their own transportation to and from all of the meets.