

Cross Country 2024 Calendar

In Season Calendar

NORTHGATE CROSS COUNTRY SEASON

Monday August 12th, 3:45 - 5:45 pm first day of the season, practice is held Monday - Friday at this time daily. We also hold Saturday practice for returning runners from 9 - 11 am. All inservice days we hold practice from 9 - 11 am. Runners meet at the track. Returning runners attend six days a week, all first time runners attend four days a week. Typically first time runners are excused Wednesday and Saturday practices, but this can vary depending on the meet schedule. For instance a Wednesday meet would mean a day off on Thursday as it is intended to limit overuse injury in new runners. If your student is in a separate club sport such as soccer please discuss practice days in advance with the coaches to see if a season is viable as we don't want athletes attending two different sports practices on any given day as it will likely result in injury.

Monday 19th August 6 pm Parent Meeting in the Lecture Hall, mandatory for all parents. Uniform distribution will also occur.

RACING SCHEDULE - mandatory races are indicated, please do not join the team if you have commitments that preclude your attendance from the DAL meets and the championship

Saturday 31st August All league trail clean up at Hidden Valley Park in Martinez 7 am - 10 am **Mandatory community service for all team members**

Saturday 14th September Ed Sias Invitational at Hidden Valley Park Martinez, 8 am - 3 pm All Frosh and JV Team Members attend 2 mile races. PASTA FEED THE EVENING PRIOR

Saturday 14th September Lowell Invitational, Golden Gate Park, San Francisco, 7 am - 4 pm All Varsity Team Members attend 2.75 mile races

Saturday 21st September Nike Invitational, Newhall Park, Concord 8 am - 3 pm All Team Members Attend, 2 and 3 mile races

Wednesday 25th September DAL 1 at Hidden Valley Martinez 3:30 - 5:30 pm **Mandatory Attendance for**

all Team Members Bus from school

Saturday 5th October Artichoke Invitational, Half Moon Bay 2.3 mile races, followed by Beach Party until the evening 9 am - 9 pm.

Fall Break, Monday October 7th - Friday 11th September 9 - 11 am workouts daily at the track. If an athlete travels we expect them to follow on your own workouts and log them on Strava daily.

Saturday 19th October Mariners Invitational, Hayward High School. 3 mile races for all team members on the NCS course. PASTA FEED THE EVENING PRIOR

Friday 25th & Saturday 26th October two day trip to Los Angeles to race at the Mt SAC Invitational, the longest running and largest cross country invitational in America. There will be a cost attached to this trip, but bursaries available if a student wishes to attend and can not afford the financial contribution.

Wednesday October 30th DAL 2 at Newhall Park, 3:30 - 5:30 pm All team members attend. Bus from school.

Saturday November 9th League Championship at Hidden Valley Park Martinez 9 am - 2 pm. **Mandatory attendance for all Team Members.** PASTA FEED THE EVENING PRIOR

Saturday November 23rd North Coast Sectional Meet, Hayward High School. Varsity only - top Frosh or JV may be invited on to attend so please let us know if you have any Thanksgiving Travel plans that would preclude attendance. PASTA FEED THE EVENING PRIOR FOR NCS TEAM ONLY.

Friday November 29th - Saturday November 30th State Meet, Woodward Park, Fresno. For the past three years we have sent one or both teams and key individuals to compete at the State Meet. Please note this is the day after Thanksgiving and students are expected to stay in town to train together the week prior. If you have plans to be away at Thanksgiving and you are one of our stronger runners please let the coaches know at the start of the season.