

MARK DAY SCHOOL CROSS COUNTRY SCHEDULE 2016

(9/14/2016)

Monday	September 29	Stinson Beach (grades 6,7,8)	4:30PM
Sunday	October 2	Mark Day School Fun Run	8:30AM
Monday	October 17	Lagunitas School (grades 6-7-8)	4:30PM
Tuesday	October 25	McInnis Park (grades 6,7,8) CHAMPIONSHIP RACE	4:30PM
Sunday	October 30	Vallejo Invitational Hanns Park, Vallejo	10AM
Sunday	November 6	Bayfront Park Menlo Park	10AM
Wednesday	November 16	Mark Day School School Championship	12:45PM
Sunday	November 20	Willow Hill Reservoir Folsom Pacific Association Championship (J.O.'s)	9AM
Sunday	November 27	Willow Hill Reservoir Folsom Region 14 (must qualify) Championship (J.O.'s)	9AM

Saturday	December 12	National J.O. Championship Hoover, Alabama (must qualify at regional)	10AM
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*Students may run in the County Meets off their training from PE class. However they must let me know ahead of time so their entry may be prepared (at least one week prior to race day). To run in the Mark Day School Championship, you must qualify in PE class. To run the County Championship (6-7-8th grades), you must run at least one of the preliminary meets. To run in the J.O.'s you need to register with me.

Here are some other fun runs you can do:

Saturday September 24: Fall Showdown, 5K (8AM). At San Pablo Reservoir in El Sobrante. Entry Fees- \$40. For more information:
http://www.active.com/el-sobrante-ca/running/distance-running-races/fall-showdown-half-marathon-5-miler-5k-run-walk-8-00-am-2016?cmp=39-34-156214<cmp=254301<clickid=09_78395873_c4c77468-d2a1-4e0f-92ad-1ad121f853eb&cmp=39-34

Saturday October 15: St. Helena Harvest Festival, one mile (8AM) and 5K (8:30AM) runs. Entry fees- \$15 to \$30. For more information:
http://www.active.com/st-helena-ca/running/distance-running-races/st-helena-harvest-festival-1-mile-fun-run-8-am-5k-run-walk-8-30-and-10k-run-8-30-2016?cmp=39-34-156214<cmp=254301<clickid=09_76771912_89f84fc4-cc5c-4128-8f9f-df26f7bcf5c8&cmp=39-34

Sunday October 30: Angwin to Anguish Run, 4K (9:30AM). Starts at Pacific Union College. Entry Fees- \$15 to \$30. For more information:
<http://www.angwintoangwish.com>