

Trinity 2024 Cross Country Meet Schedule

Regular Season Meets will happen every Tuesday; starting at 4pm sharp!

Date	Location	Grades
April 9	Evergreen Jr. High	K through 8th
April 16	West Valley	K through 8th
April 23	Cayuse Prairie	K through 8th
April 30	Evergreen Jr. High	K through 8th
May 7	Cayuse Prairie	K through 8th
FINAL MEETS:		
Mon. May 13	West Valley	5th through 8th only
Tue. May 14	Cayuse Prairie	2nd through 4th only
Th. May 16	Evergreen Jr. High	K and 1st only

Breakdown of races:

K boys, K girls - ½ mile
1st boys, 1st girls - ½ mile
2nd boys, 2nd girls - ½ mile
3rd boys, 3rd girls - ½ mile
4th boys, 4th girls - ½ mile
5/6th boys, 5/6th girls - 1 mile
7/8th boys, 7/8th girls - 1 mile

Parents:

- Trinity will bus all runners to the meet venue.
- After students finish their race, please check out with one of the coaches before leaving the venue.
- Students may also ride the bus back to Trinity after the meet to be picked up

Trinity 2024 Cross Country Practice Schedule

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
April 1 No school	2 Practice K-8 3:10 to 4:30	3 No practice	4 Practice K-8 3:10 to 4:30	5 No practice
8 Practice K-8 3:10 to 4:30	9 XC Meet	10 No practice	11 Practice K-8 3:10 to 4:30	12 No school
15 Practice K-8 3:10 to 4:30	16 XC Meet	17 No practice	18 Practice K-8 3:10 to 4:30	19 No practice
22 Practice K-8 3:10 to 4:30 Missoula Children's Theatre	23 XC Meet MCT	24 No practice MCT	25 Practice K-8 3:10 to 4:30 MCT	26 No practice MCT
29 Practice K-8 3:10 to 4:30	30 XC Meet	May 1 No practice	2 Practice K-8 3:10 to 4:30	3 No practice
6 Practice K-8 3:10 to 4:30	7 XC Meet	8 No practice	9 Last Practice, Run to DQ!	10 No practice

In order to participate, students must have:

- Comfortable running shoes
- School and weather appropriate workout clothes
 - Water bottle

Use this link to sign up students:

https://docs.google.com/spreadsheets/d/1p3WDkX_96zlyQZGjy9TJeYQlw5nNcXmSK6rtI25eIJs/edit?usp=sharing

All participants must pay the **participation fee** in the office.

Students must have an up-to-date physical on file (5th-8th graders only).