

High School Cross Country Schedule 2019

Date	Location	Leave Time	Est. Run Time
Sept 12 th	Ada	3:00 p.m.	G 5:00 B 5:30
Sept. 17 th	Ft. Washita	TBD	TBD
Sept. 24 th	Wister	2:30 p.m.	G 5:10 B 5:40
Oct. 3 rd	Shawnee	8:00 a.m.	G11:35 B11:55
Oct. 19 th	Regionals	TBD	TBD
Oct. 26 th	State	TBD	TBD