

Cross-Country dates for 2024

September 27, 2024

October 2, 2024

October 11, 2024

October 18, 2024

October 25, 2024

November 4, 2024 (CHAMPIONSHIP)

Times: 9:30AM- 1:00PM

**Location: Larry and Penny Thompson Park
12451 SW 184th Street
Miami, FL 33177**

Time Schedule: (The times below are estimates and can change due to weather.)

Middle School (2.1 mile races):

9:30am = Coaches Meeting (by the timing tent)

10:00am = Girls JV Race (unlimited runners; no 8th graders)

10:30am = Boys JV Race (unlimited runners; no 8th graders)

11:00am = Girls Varsity Race (up to 10 runners)

11:30am = Boys Varsity Race (up to 10 runners)

12:00pm = Awards Presentation

Cut-off = Excessive Walking / 12:00 at 1 mile