

EAST HAMILTON HS CROSS COUNTRY		
Tentative 2023 Schedule		
Date	Meet	Location
8/9	Track Time Trial	East Ham track (if it's finished!)
8/19	Missionary Ridge time trial w/CSAS	Missionary Ridge
8/24	Heritage HS – League Meet	Heritage High
9/2	King / Queen of the Mountain	Collegedale
9/7	Rocky Face/Crow Valley – League Meet	Crow Valley Park
9/12	Rabbit Valley Run	East Hamilton
9/18	Edwards Park – League Meet	Edwards Park
9/23	Darlington (Varsity)	Rome, GA
9/26	County Championship	Chickamauga Dam
10/3	Grove Level – League Meet	Grovel Level Running Path
10/17	Heritage HS – League Championship	Heritage High
10/24	AAA Region 3 Championship	Woodland Park
11/2	State Championships	Sanders Ferry Park, Hendersonville, TN