

2018 SEMS Cross Country Meet Schedule:

*** Meet dates and times can change due to weather or other events at the race site. All changes will be communicated to our runners during school and at practice, via the Remind App, and will also be posted on our webpage.**

Date:	Location:	Time
Thursday, September 20	Woodland Park Middle School 1270 Rock Springs Road San Marcos, CA, 92069	4:30
Thursday, September 27	MLK Middle School 1290 Ivey Ranch Road Oceanside, CA, 92057	4:30
Thursday, October 4	Iron Mark San Marcos Cup! San Elijo Middle School 1600 Schoolhouse Way San Marcos, CA, 92069	4:15
Friday, October 12	Mt. Sac! (World's Largest Cross Country Race!) 1100 North Grand Avenue Walnut, CA, 91789-1399	TBD
*8 th Graders only. Students will miss part of the school day to take the bus to Mt. Sac. Details are posted on our webpage.		
Thursday, October 25	Walnut Grove Park 1950 Sycamore Avenue San Marcos, CA, 92069	4:30
November 1, 2018	North County Cross Country Championships Kit Carson Park 333 Bear Valley Parkway Escondido, CA, 92025	4:15

***All runners must race in 3 league meets in order to qualify for the North County Cross Country Championships!**