

2023 Rowland Hall Cross Country Schedule

Saturday 26 August—8:00 a.m.

Utah Interscholastic Athletic Administrators Association Invitational
Spanish Fork Sports Park, 295 Volunteer Dr, Spanish Fork
Departure: 7:00 a.m. Approximate Return to School: 12:00 p.m.

Friday 1 September—4:00 p.m.

Timpanogos Cross Country Invitational
Lake Side Park, 400 South 1850 West, Orem
Departure: 2:30 p.m. Approximate Return to School: 8:00 p.m.

Friday 8 September—3:30 p.m.

Park City Invitational
Round Valley / Quinn's Junction, Park City
Departure: 1:30 p.m. Approximate Return to School: 7:00 p.m.

Tuesday 12 September—4:00 p.m.

Sanpete Classic XC Invite
Skyline Mountain Resort Golf Course, 22130 North 11750 East, Fairview
Departure: 12:30 p.m. Approximate Return to School: 8:30 p.m.

Saturday 23 September—8:00 a.m.

Bob Firman XC Invitational
Eagle Island State Park, 165 Eagle Island Parkway, Eagle, Idaho
Varsity runners only will travel to this meet
Departure: Friday 22 September 9:00 a.m. Approximate Return to School: Saturday 9:00 p.m.

Tuesday 10 October—4:00 p.m.

Region 17 XC Championships
Wheeler Farm, 6351 South 900 East, Murray
Departure: 2:00 p.m. Approximate Return to School: 6:00 p.m.

Tuesday 24 October—departure and race schedule TBD

Utah State Cross Country Championships
Regional Athletic Complex, 2280 Rose Park Lane, Salt Lake City
Departure: TBD Approximate Return to School: TBD