

**BUCHANAN HIGH SCHOOL**  
**CROSS COUNTRY SCHEDULE**

**2024**

<b>DAY</b>	<b>DATE</b>	<b>OPPONENT</b>	<b>SITE</b>	<b>TIME</b>
Thursday	May 16	Athlete & Parent Meeting	Zoom	6:45pm
Saturday	June 8	First Day of Practice	Woodward Park (Valley Oak)	7:00am
Mon, Wed, Fri	June 10-14	Practice	Buchanan	7:00am
Saturday	June 15	Practice	Woodward Park (Valley Oak)	7:00am
Mon, Wed, Fri	June 17-July 19	Practice	Buchanan	7:00am
Saturday	June 22	Practice	Woodward Park (Valley Oak)	7:00am
	July 3-8	Practice (senior Run)	TBA	7:00am
Mon, Wed, Fri	July 8-19	Practice	Buchanan	7:00am
	July 13-20	Practice Saturday	Woodward Park (Valley Oak)	7:00am
Wednesday	July 17	Camp Meeting (Mandatory)	MPR	6:30pm
Monday-Saturday	July 29-Aug 3	Cross Country Camp	Morro Bay	TBA
Monday-Friday	Aug 5-Aug 9	“Run the Race Camp” Official first day of practice	Buchanan	7:45-11:00
Saturday	Aug 10	Practice	Woodward Park (Valley Oak)	7:00am
Monday-Friday	Aug 12-16	Double Days Practice	Buchanan Mon-Friday 6:00am and Tue, Thu Double Day 3:00pm	6:00am & 3:00pm
Saturday	Aug 10	Summer Sizzle Time Trial	Woodward Park (Valley Oak)	7:00am
Saturday	Aug 17, 24	Practice	Woodward Park (Valley Oak)	7:00am
Saturday	Aug-31	On Your own		
Monday	Sept 2	Practice	Buchanan	3:30pm
Saturday	Sept 14	<b>Kingsburg</b>	Kingsburg	8:00am
Saturday-Sunday	Sept. 21-22	<b>Woodbridge Invitational</b>	Great Park (Irvine)	6:00pm
Friday	Sept 27	<b>Mt. Whitney Invitational</b>	Visalia (Mooney Grove)	2:30pm
Saturday	Sept 28	Practice	Millerton Lake	6:30am
Saturday	Oct 5	Practice	Woodward Park (Valley Oak)	7:00am
Saturday	Oct.12	<b>Clovis Invitational</b>	Woodward Park	7:30am
Saturday	Oct 19	Practice	Woodward Park (Valley Oak)	7:00am
Friday-Saturday	Oct 25-26	<b>Flat Sac</b>	Elverta	8:00am
Saturday	Nov 2	<b>John Seaman</b>	Kingsburg Gun Club	7:00am
Saturday	Nov 9	Practice	Woodward Park (Valley Oak)	7:00am
Thursday	Nov14	<b>League</b>	Woodward Park	10:30am
Saturday	Nov 16	Practice	Woodward Park (Valley Oak)	7:00am
Thursday	Nov 21	<b>Masters</b>	Woodward Park	7:00am
Saturday	Nov 23	Practice	Woodward Park (Valley Oak)	TBA
Mon-Wed, Fri	Nov 25-27, 29	Practice	Buchanan	7:00am
Saturday	Nov. 30	<b><u>State Meet</u></b>	Woodward Park	8:30am
Saturday	Dec 6-7	Western Regional Footlocker	Mt. SAC, Walnut	7:00am
Wednesday-Sunday	Dec 5-8	<b><u>Nike Team National</u></b>	Portland, Oregon	9:00am
Tuesday	Dec 10	<b><u>Winter Mile</u></b>	Buchanan	4:30pm
Wednesday-Sunday	Dec 12-15	<b><u>Footlocker National Meet</u></b>	San Diego	9:00am

**All who qualify for the state meet must attend all practices the week leading up to the state meet.**

Coaches: Brian Weaver (brianweaver@cusd.com) 327-3281

Martin Simpson

James Soares (jamessoares@cusd.com)

Armando Negrete

Alison Bartosch (alisonbartosch@cusd.com)

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