

**HDN Cross Country
2018**

19-Sep	League @ North Coast Prep	
26-Sep	League @ Arcata	
3-Oct	League @ Del Norte	
10-Oct	League @ McKinleyville	
17-Oct	League @ Eureka	
24-Oct	League @ Fortuna	3:00 PM
3-Nov	H-DN Championships Host: Fortuna	3:00 PM SAT Test Date
18-Nov	Meet of Champions	
25-Nov	CIF Championships	

2019 schedule will rotate bottom to top.

Date of 1st Practice	14-Aug	Day of Contests	Wednesdays
Date of 1st Scrimmage	14-Aug	Starting Times	4:00 pm
Date of 1st Contest	14-Aug		
Maximum Number of Contests	14	Coaches Meeting at the	
Maximum Number of Scrimmages	2	League Championships	

1st Draft--7/7/17