



2024 HMS Cross Country Meets

Updated 8/05/2024

*****Please report 1 hour before start time*****

Thu. Aug 29 Warrior 2 Mile Invitational @ TBD Location **5:00 boys/5:30 girls**

Fri. Sept 13 Oak Mountain Invite @ Heardmont Park (Creek Crossing!!!) **4:00**

Sat. Sept 21 Spain Park Invitational @Veteran Park/Hoover **10:00 girls/10:20 boys**
(Championship course)

Sat. Oct. 5 Jesse Owens Classic @ Oakville, AL **11:35 boys/11:55 girls**

Wed. Oct. 9 Berry Backwoods @ Veterans Park/Hoover - **4:30 girls/5:00 boys**

*Thu. Oct 17 METRO CHAMPIONSHIPS @ Veterans Park/Hoover **9:30am**

****REQUIRED* If you cannot attend Championships, don't run XC!***

Practice Schedule (Most weeks. Subject to change based on meet schedule.)

Monday – 3:15 to 4:30

Wednesday – 3:15 to 4:30

Thursday – 3:15 to 4:30

****Friday – 3:15 to 4:30 (**only if there is a Saturday meet)**

Meet in the art room for practice at 3:15 dressed out and ready to run.
Backpacks can be left in the art room. **Parents, please pick up by 4:45.**