

Lawson Lightning Cross Country Team

Meet Schedule and Information

Run as a T.E.A.M. Win as a T.E.A.M.
Together We Achieve More.

Practice Schedule & Meet Schedule

Practice time: 3:05 - 3:45

Meet times vary depending on length of route and order of participants. Team members may leave as soon as their heat is completed.

8/22 TEAM MEETING Review Procedures and Info.

8/27 PRACTICE

8/28 PRACTICE

8/29 PRACTICE

9/4 PRACTICE

9/5 PRACTICE

9/10 PRACTICE

9/11 PRACTICE

9/12 Meet @ COLUMBIA

9/17 PRACTICE

9/18 PRACTICE

9/19 Meet @ CUPERTINO

9/24 PRACTICE

9/25 PRACTICE

9/26 Meet @ SUNNYVALE

10/1 PRACTICE

10/2 PRACTICE

10/3 Meet @ KENNEDY

10/8 PRACTICE

10/9 PRACTICE

10/10 League Finals Meet @ MILLER

9/12 Meet @ Columbia Middle School
Running Order 8 - 7 - 6

9/19 Meet @ Cupertino Middle School
Running Order 7 - 6 - 8

9/26 Meet @ Sunnyvale Middle School
Running Order 6 - 8 - 7

10/3 Meet @ Kennedy Middle School
Running Order 8 - 7 - 6

10/10 League Finals Meet @ Miller Middle
School Running Order 6 - 7 - 8

Meet Information

1. You are responsible for your own transportation to and from the meet site.
2. Meets begin at 3:45. If you are the first group running you should be there by 3:35. If you are the second or third wave you may arrive later but there is no set start time for the second and third set of runners so early is always better.
3. Students should wear their Lawson PE shirt or Cross Country team shirt to meets.
4. Students must have the provided label with Name, school, gender, and grade. We will have these for you at Lunch on the day of the meet.
5. The grade order in which they run is specified above. Boys run, then girls run in that grade level order.
6. You must be picked up immediately after your run is complete. Most meets are completed by 4:45. If you are unable to secure transportation until after 4:45 you may be subject to not competing at the meets. We cannot provide after competition care.
7. Practice and meet participation are encouraged but not mandatory.
8. Scoring rules, results, and times are provided on the league website. www.valleyal.org

Coaches: Gil Vasquez and Jeren Jensen