

2024 MSAL Cross Country Schedule



Metro Middle School Cross-Country Season

WHO: Open to all 7th & 8th grade students at SUHSD & Partner Schools

Tentative Meet Dates:

Meet 0 - PRACTICE MEET Saturday, September 7, races start at 9 A.M. at Olympian H.S.

Meet 1 - Saturday, September 14, races start at 9 A.M. TBD

Meet 2 - Saturday, October 19, races start at 9 A.M. at San Ysidro H.S.

Meet 3 - Saturday, October 26, races start at 9 A.M. at Otay Ranch H.S.

Meet 4- Saturday, November 2, races start at 9 A.M. at Montgomery H.S.



Race Schedule:

9:00 am 7th grade boys

9:30 am 7th grade girls

10:00am 8th grade boys*

10:30 am 8th grade girls*

***The 8th grade girl and boy race will be scored to determine league champion.** If you have a 7th grader that is one of your top runners, you can run them in the 8th grade race to help score for your team.

VISTA DEL MAR will run as two teams with the 8th Graders, a Girls and a Boys Team- since we want to be scored as a team. 7th Graders can run the PRACTICE RACE.

IMPORTANT: PLEASE PLAN TO ARRIVE AT 8:00 a.m and stay until 11:00 a.m. to warm-up, walk the course, to see ALL races, and to cool down. WEAR XC UNIFORM, BRING WATER & SUNSCREEN. If a parent has an extra tarp for the team to use, please let me know, and if parents can bring extra cooler with water would be so appreciated!