

| Date | Day | Competition | City | Site of competiton | Address | Start time | Departu re from LDMS | Departu re from MRMS |
|-------------|------------|------------------------------|-------------|------------------------------|---|--|-------------------------------------|-------------------------------------|
| Aug 31st | Wednesday | Clifton Middle School Invite | Covington | Clifton Middle School | 1000 Riverview Farm Rd, Covington, VA 24426 | 5:30pm Boys 3k/ 6:00pm Girls 3k | 3:00 PM | 3:15 PM |
| Sept 3rd | No race | Open | | | | | | |
| Sept 10th | Saturday | Knights Cross | Salem | Green Hill Park | 2501 Green Hill Park Rd, Salem, VA 24153 | 9:30am Girls 4k/ 10:00am Boys 4k | x | 6:45 AM |
| Sept 17th | No race | Open | | | | | | |
| Sept 24th | Saturday | Alleghany Invitational | Covington | Jackson River Sports Complex | 870 W Edgemont Dr, Covington, VA 24426 | 9:30am Boys 3k/ 10:00am Girls 3k | x | 7:30 AM |
| Oct 1st | No race | Open | | | | | | |
| Oct 8th | Saturday | Blue Ridge Invite | Troutville | Greenfield Recreation Park | Preston Pkwy, Troutville, VA 24175 | 10:30am Girls 3k/ 11:15am Boys 3k | x | 8:15 AM |
| Oct 15th | Saturday | Grace Christian Invitational | Waynesboro | Coyner Springs Park | 2091 Lyndhurst Rd, Waynesboro, VA 22980 | 10:00am 3.2k girls followed by boys 3.2k | x | 8:00 AM |
| OR | | OR | | | | | | |
| Oct 15th | Saturday | Hidden Valley Invitational | Roanoke | Hidden Valley High School | 5000 Titan Trail, Roanoke, VA 24018 | TBA | x | TBA |