

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