

## **Pinellas County Athletics- Cross Country**

### **2023 Middle School Cross Country Schedule**

Saturday, August 26<sup>th</sup>- Kick-off meet- Dunedin Invite- 10:00 AM- (Host Dunedin HS)

Tuesday, September 7<sup>th</sup>- Boca Ciega HS- 5:00 pm/5:30 pm-

Thursday, September 7<sup>th</sup>- Palm Harbor U- 5:00 pm/5:30 pm- (Palm Harbor U)

**Thursday, September 14<sup>th</sup> – Taylor Park- 5:00 pm/ 5:30 pm (All County meet)**

Tuesday, September 19<sup>th</sup>- Hollins HS- 5:00 pm/5:30 pm

Tuesday, September 19<sup>th</sup>- Palm Harbor U- 5:00 pm/5:30 pm

Saturday, September 23<sup>rd</sup>- Hammock Park Invite- 9:00 AM

Thursday, September 28<sup>th</sup>- Countryside HS- 5:00 pm/ 6:00 pm

**Tuesday, October 3<sup>rd</sup> – Crescent Lake Park- 5:00 pm / 5:30 pm**

Thursday, October 5<sup>th</sup>- Palm Harbor U- 5:00 pm/5:30 pm

**October 10<sup>th</sup>- Hammock Park- PCAC MS Championship- 10:00 AM (Host- Dunedin HS)- All schools compete.**

**Bold- All teams required to participate**

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### **General Rules and procedures**

**Schools need to commit to participating in Cross Country by August 22<sup>nd</sup>. Athletic coordinator should send an email to Bennett.**

**Teams and individuals are required to participate in at least 3 meets prior to the PCAC Championship on October 10<sup>th</sup>.**

**Distance for races is 2 miles or slightly longer for middle School cross country.**

**Five runners will score points for the individual team at each meet.**

**Additional runners above 5 can participate in the races, but only the first 5 finishers will score points.**

**A team with less than 5 runners can also participate.**

**The PCAC Championship will be held on October 10<sup>th</sup>, with a Team and individual champion crowned.**

**5:00 – Girls start (unless noted)**

**5:30 pm – Boys start (unless noted)**