Pinellas County Athletics- Cross Country

2023 Middle School Cross Country Schedule

Saturday, August 26th - Kick-off meet- Dunedin Invite- 10:00 AM- (Host Dunedin HS)
Tuesday, September 7th- Boca Ciega HS- 5:00 pm/5:30 pm
Thursday, September 7th- Palm Harbor U- 5:00 pm/5:30 pm- (Palm Harbor U)
**Thursday, September 14th – Taylor Park- 5:00 pm/ 5:30 pm (All County meet)**
Tuesday, September 19th- Hollins HS- 5:00 pm/5:30 pm
Tuesday, September 19th- Palm Harbor U- 5:00 pm/5:30 pm
Saturday, September 23rd- Hammock Park Invite- 9:00 AM
Thursday, September 28th- Countryside HS- 5:00 pm/ 6:00 pm

**Tuesday, October 3rd – Crescent Lake Park- 5:00 pm / 5:30 pm**
Thursday, October 5th- Palm Harbor U- 5:00 pm/5:30 pm

October 10th- 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 22nd. 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 10th.

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 10th, with a Team and individual champion crowned.

5:00 – Girls start (unless noted)
5:30 pm – Boys start (unless noted)