

## Mountain Ridge High School Cross Country 2023

Date	Day	Meet	H/A	Time
5-Sep	Tuesday	New and Improved New Germany Race	New Germany State Park	4:00 PM
9-Sep	Saturday	Frankfort Invitational	Frankfort HS	10:00 AM
12-Sep	Tuesday	Broadford Lake	Broadford Lake	4:00 PM
19-Sep	Tuesday	Keyser	Keyser HS	4:00 PM
26-Sep	Tuesday	Progressive Therapy Invitational	Allegany College	4:00 PM
30-Sep	Saturday	Paul Clovis Invitational	Hampshire HS	10:00 AM
3-Oct	Tuesday	Area Meet	Broadford Lake	4:00 PM
6-Oct	Friday	Urbana	Urbana HS	3:00 PM
10-Oct	Tuesday	College Night		
11-Oct	Wednesday	Allegany County Championship	Glendening Park	4:00 PM
17-Oct	Tuesday	WestMAC Championship	Allegany College	4:00 PM
25-Oct	Wednesday	Husky Pride Classic	Northern Garrett HS	4:00 PM