

## 2023 Milton High School Cross Country Season Schedule & Important Dates\*

(As of July 30, 2023)

Date	Event	Location	Runners
Mon., May 15th	2023 MXC Parent & Athlete Mtg.   Registration Open   Uniform samples   Vintage Spirit Wear for sale	Milton High Cafeteria 6:30 p.m.	ALL
Sat., May 27	Running Log Start Date - Log your miles!	Sign up at miltonxc.org	ALL
Sat., May 27	1st Captains' Summer Run   8:30 a.m.	Hembree Park	ALL
Mon-Sun. May 29-June 4	Dead Week - No Captains' Summer Runs	Per GHSA Rules	ALL
Mon. June 5	Daily Captains' Summer Runs Resume   8:30 a.m.	Birmingham Falls Elementary	ALL
Sat., June 10	MXC Team Trail Day - Earn lettering points	Meet in the baseball lot	ALL
Thur., June 29	MXC Captains' Rafting Trip = No Captains' Run. Cost: \$60 pp and waiver due prior to trip	Ocoee, TN (morning to early afternoon) Details in email.	Runners & family
Fri., June 23	Last day to order a uniform to guarantee sizing	<a href="https://osp.osmsinc.com/FultonGA">https://osp.osmsinc.com/FultonGA</a>	ALL
Mon.-Sun. July 3-9	Dead Week - No Captains' Summer Runs	Per GHSA Rules	ALL
Mon. July 10	Daily Captains' Summer Runs Resume   8:30 a.m.	Birmingham Falls Elementary	ALL
Sun.-Fri. July 16-21	Atlanta Track Club Wingfoot XC Camp	Univ. of AL Huntsville	ALL
Sun., July 30	Scavenger Hunt/Parent Meeting: Athlete pictures, Spirit Wear Sale, Snacks & Drinks served   Last day to record miles on Running Log!	Milton High School   3-5:30 p.m. Athletes wear clothes/shoes you can run in.	Runners & their families
Mon. & Tues, July 31 & Aug. 1	1st day of Practice - New MXC runners <b>Not fully registered/Not paid = No practice</b>	Milton High School   3:45-6 p.m.	9th/new runners
Wed., Aug. 2	1st day of full Team Practice <b>Not fully registered/Not paid = No practice- NO EXCEPTIONS!</b>	Milton High School   3:45-6 p.m.	ALL
Sat., Aug 5	MXC Team Trail Day #2 - Earn lettering points	Meet in the baseball lot	ALL
Mon., Aug. 7	1st day of school! Practice will be after school. Bring water - stay hydrated!	Milton High School   3:45-6 p.m.	ALL
Wed., Aug. 9	Parent XC Meeting	5:30 p.m. Milton HS Cafeteria	ALL
Fri., Aug. 11	Volunteer Training on the course with Mary 5:45 pm	Milton High - LAX/Band Field	All parents
Sat., Aug. 12	Time Trials 7:45 a.m. - girls, 8:30 a.m. - boys	Milton High - LAX/Band Field	ALL
Sat., Aug. 19	Apalachee/Wildcat Opener	Apalachee HS, Winder, GA	ALL
Wed., Aug. 23	First Wednesday morning practice	6-7 a.m. Milton Football stadium	ALL
Sat., Aug. 26	Early Bird Invite (SAT test date - runners excused if registered)	Whitesburg, GA	ALL
Fri.-Sat., Sept. 1-2	No Practice! No Meet Enjoy Labor Day weekend!	Run on your own	ALL
Mon.-Wed., Sept 4-6	No Practice! Happy Labor Day!	Run on your own	ALL
Sat., Sept. 9	OFF - No Meet   ACT date	Run on your own	ALL
Sat., Sept 16	9th Milton XC Invitational & AlphaCrush Youth Meet	Milton High - LAX/Band Field	ALL
Fri. or Sat. Sept. 22-23?	9th Wingfoot XC Invite	Sam Smith Park, Cartersville, GA	ALL
Sat., Sept. 30	ASICS Invite	Chattahoochee Hills (South Fulton)	Top-40 B&G
Thurs., Oct 5	Intra-Squad Relays (ALL) 4:30-6 p.m.	Milton HS - Behind Softball field	ALL
Sat., Oct. 7	OFF (SAT test date)	Run on your own	ALL
Mon.-Wed., Oct. 9-11	No School = No practice	Run on your own	ALL
Thurs., Oct. 12	Senior Speeches/Team Dinner   Senior Parents invited	Milton Cafeteria Patio 5:30 p.m.	ALL
Fri., Oct. 13	Pickens & Grinnin' Invite - <b>Wear your PINK!</b>	Roper Park - Jasper, GA	ALL
Tues., Oct. 17	MXC Senior Night	Milton Cafeteria	ALL
Sat., Oct. 21	GHSA Region 6-7A Championship (ACT test date - runners excused if registered)	Location: TBD	ALL
Sat., Oct., 28	OFF   ACT date	Run on your own	ALL
Fri., Nov. 3	GHSA State 7A XC Championship Meet	Carrollton Elementary, Carrollton, GA	Top-7 & Alternates
2nd week in November	Milton Cross Country Awards Ceremony	Northside Church	ALL

\*Please note the 2023 schedule is tentative! All details regarding meets will be sent via email Thursday before each meet (i.e.: rosters, addresses, departure times, etc.)