

HDN Cross Country 2023

20-Sep	League @ Del Norte	3:00 PM
27-Sep	League @, McKinleyville	
4-Oct	League @ Eureka	
11-Oct	League @ Fortuna	
18-Oct	League @ North Coast Prep	
25-Oct	League @ Arcata	
4-Nov	H-DN Championships Host: Fortuna	11:00 AM
18-Nov	Meet of Champions	
25-Nov	CIF Championships	

2024 schedule will rotate bottom to top.

Date of 1st Practice	7-Aug	Day of Contests	Wednesday
Date of 1st Scrimmage	7-Aug	Starting Times	4:00 PM
Date of 1st Contest	7-Aug		
Maximum Number of Contests	14	Coaches Meeting at the	
Maximum Number of Scrimmages	2	League Championships	

1st Draft--1/23/2023