

PVIS CROSS COUNTRY 2023



The PVIS XC, the state's most successful middle school program, is back for its 18th season and would like you to be part of the Sea Kings' success.

The program has won 25 titles at the Mt. SAC Invitational, the world's largest cross country meet, and nine State championships. Twenty-six PVIS runners have gone on to compete in cross country or track in college or represent Team USA in international competition. More importantly it has given hundreds of Sea Kings a lifelong love of running and exercise and shown them what it means to be a part of a successful undertaking, a skill that translates to the classroom and other parts of their lives. For incoming students, cross country is a great way to make a smooth transition to PVIS because it gives them an immediate peer group that is inclusive and focused.



Our first practice is Monday, August 28 @ 2:15 pm. We will meet on the field next to the back parking lot. Practices are Monday 2:15 to 3:30 pm. and Wednesday 3:15 to 4:30 pm. Advanced runners will be invited to a Friday session from 3:15 to 4:45 pm.

Students need to bring running shoes, running or soccer shorts, sun screen, water and a good attitude and work ethic. If your student uses an inhaler they need to bring that as well. Also each student will need to bring the first day the three forms that can be found at PVISBoosterClub.com under forms/cross country paperwork. Students must bring a hard copy of the completed forms the first day in order to participate. No exceptions.

Volunteer assistant coaches are needed as well as parent volunteers. For more information please check out PVISBoosterClub.com or contact Coach Scott Reid at scottm458@aol.com

2023 Meet Schedule (SUBJECT TO CHANGE)

September 29–Palos Verdes High School Invitational, PV High XC Course, Lunada Bay

October 3–Manhattan Beach Invitational, Manhattan Beach Middle School

October 13–Mt. SAC Invitational, Walnut

October 25–Warrior Mile, West Torrance High School

October 30–PVIS Invitational, PV High XC Course, Lunada Bay