

Humboldt County Kindergarten-8th Grade 2025 Cross Country Schedule



<u>Dates</u>	<u>School/Coach</u> <u>Distances</u>	<u>Location</u>	<u>Starting</u> <u>Time</u>	<u>Website</u> <u>Email/Phone</u>
Sun., Sept. 7	CC Coaching Clinic Information on coaching youth cross country	Arcata Community Center	11:00 AM	https://hrray.org/Clinic hrray707@gmail.com
Tues., Sept. 23	TBA			https://hrray.org/winship hrray707@gmail.com
Thurs., Sept. 25	TBA			https://hrray.org/blue-lake hrray707@gmail.com
Tues., Sept. 30	TBA			https://hrray.org/redwood-park hrray707@gmail.com
Thurs., Oct. 2	TBA			https://hrray.org/willow-creek shostler@ktjUSD.k12.ca.us
Tues., Oct. 7	TBA			https://hrray.org/rohner-park hrray707@gmail.com
Thurs., Oct. 9	HRRAY/Alysia Davidson K-2 nd runs .8 mile, 3 rd -5 th runs 1.5 miles, 6 th -8 th runs 1.8 miles	Hammond Trail	4:00 PM	https://hrray.org/hammond-trail hrray707@gmail.com
*Sat, Sept. 27 Arrive Early!	Mack High Clam Beach Invite - Clam Beach South Entrance All runners will run one mile TBA Meet Info: https://hrray.org/cross-country			K-5 Race-TBA 6-8 Race-TBA
Thurs., Oct 16	Championships K-2 nd runs 1 mile, 3 rd -5 th runs 2 miles, 6 th -8 th runs 2 miles	Arcata Community Center	4:00 PM	https://hrray.org/championships hrray707@gmail.com

We are glad to offer you and your families an opportunity to enjoy running in Humboldt County this year. Distances may vary. The above distances are guidelines. The runs in yellow are not part of the HRRAY program, so don't count toward HRRAY awards. In order to participate in the League Championships, you must finish at least TWO League meets. If your school offers a cross country program, you MUST compete with your school team. All other athletes may participate as unattached athletes. Contact Jack for registration details.

For any questions, email HRRAY at hrray707@gmail.com.

Website: www.hrray.org

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