

## **LIGHTNING RUNNING CLUB**

### **2019 Youth Cross Country Meet Schedule**

#### **LOCAL SEASON**

<b>Date</b>	<b>Location</b>	<b>Start</b>	<b>Host Club</b>
Sunday, Sept. 15	Brunswick HS, Brunswick	1:00 pm	Blue Ridge Express
Sunday, Sept. 22	Open		
Sunday, Sept. 29	Agriculture Park, Derwood	12:30 pm	Olney XC
Sunday, Oct. 6	Carroll Manor ES, Adamstown	12:30 pm	Carroll Manor
Sunday, Oct. 13	Westminster HS, Westminster	1:00 pm	Westminster Wolfpack
Sunday, Oct. 20	Middletown Park, Middletown	1:00 pm	Middletown Knight Striders
Sunday, Oct. 27	Century HS, Eldersburg	12:45 pm	ERR Arrows
Sunday, Nov. 03	<i>tbd</i>	12:30 pm	Frederick Spires

#### **POST SEASON CHAMPIONSHIP MEETS**

<b>Date</b>	<b>Location</b>	<b>Start</b>	<b>Host Club</b>
Sunday, Nov. 10	Smithsburg HS, Smithsburg	1:00 pm	USATF PVA Championship
Saturday, Nov. 23	Blue River Memorial Park, Shelbyville, IN		CCCNYS
Saturday, Dec. 07	Victor Ash Park, Knoxville, TN		AAU National Championship
Saturday, Dec. 14	Yahara Hills Golf Course, Madison, WI		USATF National Championship