

# St. Michael the Archangel High School



Cross Country

2023-2024 SCHEDULE

**HEAD COACH: Neil Borel**

**ASSISTANT COACHES:**

DATE	COMPETITION	PHYSICAL LOCATION	TIME	VARSIITY JV FRESHMEN
2-Sep	Bayou Boogiee	Highland Rd Park	8:30 AM to 11	VARSIITY JV
9-Sep	Episcopal Roundtale	Highland Rd Park	8:30 AM to 11	VARSIITY JV
16-Sep	Adventure Run			
23-Sep	St Thomas Aquinas	Hammond	8:30 AM to 11	VARSIITY JV
30-Sep	St Joseph	Highland Rd Park	8:30 AM to 11	VARSIITY JV
7-Oct	Catholic	Highland Rd Park	8:30 AM to 11	VARSIITY JV
14-Oct	Tuerlings / Lafayette	Acadiana Park, Lafayette	8:30 AM to 11	VARSIITY JV
21-Oct	NSU Pre-State	Natchitoches, La, NSU Track	TBA	VARSIITY JV
26-Oct	EBR Metro	Highland Rd Park	4 PM to 5:30 PM	VARSIITY JV
2-Nov	Regional	Highland Rd Park	4 PM to 5:30 PM	VARSIITY JV
13-Nov	State Meet	Natchitoches, La, NSU Track	TBA	Top seven runners