

St. Michael the Archangel High School



CROSS COUNTRY

2022-2023 SCHEDULE

HEAD COACH: Neil Borel

ASSISTANT COACHES: Gary Carville, Oren May

DATE	COMPETITION	PHYSICAL LOCATION	TIME	Varsity JV Freshmen
44800	Time Trial	Highland Rd Park	0.333333333	V & F
3-Sep	Bayou Boogie	Highland Rd Park	8 - 10:30	V & F
10-Sep	Episcopal	Highland Rd Park	8 - 10:30	V & F
17-Sep	Denham Springs	North Park, Denham Springs	8 - 10:30	V & F
24-Sep	St Thomas Aquinas	Hammond	8 - 10:30	V & F
1-Oct	St Joseph	Highland Rd Park	8 - 10:30	V & F
8-Oct	Catholic	Highland Rd Park	8 - 10:30	V & F
15-Oct	Tuerlings / Lafayette	Acadiana Park	8 - 10:30	V & F
22-Oct	TBA			
27-Oct	EBR Metro	Highland Rd Park	4 pm - 6 pm	V & F
3-Nov	Regional	Highland Rd Park	9 - 12:00	V & F
14-Nov	State	Natchitoches	TBA	