

2023 WV Wildcats and Lady Cats Cross Country				
JH & HIGH SCHOOL				
Day	Date	Place	Team - Time	
Monday	Jul 31, 2023	Practice Starts @ track	HS - 6:30 am	
Wednesday	Aug 23, 2023	Eldorado	HS - 9am	
Saturday	Aug 26, 2023	Tall City Invitational - Midland	JH - 11am	
Wednesday	Aug 30, 2023	Sonora	HS - 9AM	
Saturday	Sept 2, 2023	Eric Stinson CC Invite - Big Springs	JH - 11am	
Wednesday	Sept 6, 2023			
Wednesday	Sept 13, 2023	Irion County	HS - AM / JH - PM	
Wednesday	Sept 20, 2023	Miles	HS - 9AM / JH - 4PM	
Wednesday	Sept 27, 2023	Christoval	HS - 9AM / JH - 3:45PM	
Wednesday	Oct 4, 2023	???		
Monday	Oct 9, 2023	District(District 7-2A) - Christoval	HS - AM	
Wednesday	Oct 11, 2023	District(District 7-2A) - Christoval	JH - PM	
Monday-Tuesday	Oct 23-24, 2023	Regionals(Region 1- 2A) - Lubbock	Qualifying HS	
Friday-Saturday	Nov 3-4, 2023	State(2A) - Round Rock	Qualifying HS	
Head Coach: Casey Coleman			Remind Code	@wvcro
Athletic Director: Aaron Whitmire				
Superintendent: Fabian Gomez				
*** The schedule is subject to change ***				
Practice is at 6:30 am at the Track, Monday through Friday (Starting: HS - July 31, MS - Aug 10th). Be sure you are up to date with your Physicals. You will have to have all UIL paperwork completed and turned in. I do my best to work with other extra curriculars, so if there are conflicts let me know. In Cross Country athletes run 2 miles in the meets, during practices we will run more than that some days and some days it will be shorter with more repetitions. The goal is to run the entire distance and in a race the fastest wins. I use Remind to send out information about practices and meets, the information is on the back, the class code is @wvcro. Rarely but sometimes I do have to move where we are meeting or cancel a practice so it's important to have. If you have any questions let me know. casey.coleman@wvisd.net				