59302023 Gateway Cross-Country Schedule

# Date Day Event Site Time

***August*** (Schedule same for JH through Oct 8)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 14 | Mon | 1st day of XC Practice | GCS | 6:25 AM |
| 19 | Sat | 2K Blast | GCS | 8:00 AM |
| 26 | Sat | Ft Stanton (Capitan) Invite | Ft Stanton | 9:00 AM |
| ***September*** |
| 16 | Sat | NMMI Invitational | Roswell | 9:00 AM |
| 30 | Sat | Ruidoso | Loving | TBD |
| ***October*** |  |  |  |  |
|  14 | Sat | Pecos Valley Invite | Roswell | 9:00 AM |
| 21 | Sat | Academy Extravaganza | Abq Academy | TBD |

***November***

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **3 or 4** | **Fri/Sat** | **DISTRICT MEET** | **TBD** | **TBD** |

# 11 Sat STATE CHAMPIONSHIPS Abq Academy

*Stay informed by checking in at:*

 [facebook.com/GCSTRAC](https://www.facebook.com/GCSTRACK)K

# Coach Toles (575) 626-3190

**Boys**

**Girls**

*Athletes & Parents – Sign up to receive Team Notices*

**text @gcsx to the number 81010**

If that doesn’t work, try texting @gcsx to (575) 613-1148 or go to: remind.com/join/gcsx

NOTES: Workouts will be from 6:15 to 7:30am M-F.

Bring refillable H2O bottles & healthy breakfast to eat after showering and dressing for class Bring total change of clothes including fresh socks and another pair of shoes

Gym will be open from 6am – 8am until all athletes walk to class