



REDWOODS Cross Country

2024 Schedule

Day	Date	Opponent	Location	Time
Saturday	August 24 th	Beat the Heat Invitational	Arcata, CA	TBA
Saturday	September 21 st	Jim Hunt Invitational	McKinleyville, CA	TBA
Saturday	September 28 th	GVC Preview	Shasta, CA	TBA
Friday	October 4 th	NorCal Preview	Salinas, CA	TBA
Friday	October 11 th	Butte Invitational	Oroville, CA	TBA
Friday	October 18 th	Pat Ryan Invitational	Santa Rosa, CA	TBA
Friday	November 1 st	GVC Championships	Shasta, CA	TBA
Friday	November 8 th	NorCal Regional Championships	Salinas, CA	TBA
Saturday	November 23 rd	Cross Country Championships	Fresno, CA	TBA

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Nate Kees, Athletic Trainer Michele Schneider, Assistant Athletic Trainer (707) 476-4399	Updated: 8/28/24