

**Heritage Christian High School Cross Country – 2023**  
**Updated 8/24/23**

**Mon Aug 7: First Formal Practice**

**Sat Aug 19: Lobo Invitational – Spring Canyon Park**

**Fri Aug 25: Cheyenne Mountain Stampede**

**Sat Sept 2: Wyoming Invite – Little America Golf Course, Cheyenne**

**Sat Sept 9: Liberty Bell Invitational – Littleton, CO**

**Sat Sept 16: St Vrain Invitational – Lyons HS, Lyons, CO**

**9/18-9/23 - HCA Homecoming Festivity (*Maybe* Team Gathering/Event)**

**Fri Sept 29: Loveland Sweetheart – North Lake Park, Loveland**

**10/2-10/7: No Competitions, Possible Team Event**

**Wed Oct 11: Mile High League Meet - Clear Creek HS, Clear Creek, CO**

**Thu Oct 19: Regionals - Lyons HS, Lyons, CO**

**Sat Oct 28: State - Norris Penrose Event Center, Colorado Springs**

**Sat Nov 18: Nike Cross Country Regionals Southwest, AZ**

**Sat Dec 3: Running Lane National Championships, AL**