

# Langham Creek High School VARSITY Cross Country Schedule 2020

DATE	DAY	EVENT / MEET	LOCATION	Leaving LCHS	Event start TIME
<b>July</b>					
*JULY 6*	Monday	Practice starts @ LCHS - Mandatory attendance starts 8/24/20 (ALL must attend to compete)	Langham Creek HS	Arrive by 6:15am	6:30 am
<b>August</b>					
3-31	Monday-Thursday	Practice <small>* All Paperwork due including Physical, Rank One Website Info, Copy of Birth Certificate, and PAPF Form*</small>	Langham Creek HS	6:00am Check in- Health Screen	Practice 6:30-8:00am
<b>September</b>					
3	Thursday	Parent Meeting	Virtual- Zoom	Zoom ID & PW will be e-mailed	6:30pm-7:30pm
10	Thursday	DUAL Practice Meet (LC -JV & Varsity)	Langham Creek High School	Athletes be at LC by 5:00pm	1 <sup>st</sup> race at 6:00pm
12	Saturday	Brenham Hillacious XC Invitational (Varsity Only-10 runners)	Brenham HS Brenham, Tx.	7:00 am	9:00 am
18	Friday	Bridgeland- 2M Fun Run (Varsity only-12 runners only)	Spring Creek Park Tomball, Texas	2:45 pm	4:30 pm
26	Friday	RECOVERY WEEK	REST	HYDRATE	STRETCH
<b>October</b>					
3	Saturday	FPR-HAY BALE XC INVITATIONAL	Nottingham Park, SBISD	7:30am	9:00am
9	Friday	Bobcat/Lobo Invitational	Burroughs Park Tomball, Tx.	3:00pm	5:00pm
16	Friday	CFISD INVITE	Spring Creek Park Tomball, Texas	11:15am	4:00 pm
23	Friday	OPEN WEEK	Get Ready	For	DISTRICT!!!!
30	Friday	District 16-6A Meet	Spring Creek Park- Tomball, Tx.	5:45am	8:00am-12:00pm
<b>November</b>					
9	Monday	Region II Meet (Varsity Qualifiers only)	Jesse Owens Memorial Complex- Dallas, Tx.	TBA	TBA
12	Thursday	XC Banquet	Weekly Community center	6:00pm-9:00pm	Details TBD
23	Monday	Cross Country State Championships	TBA		

Head Coach-Girls: Bronze Ellison  
 Contact info: [Bronze.ellison@cfisd.net](mailto:Bronze.ellison@cfisd.net)  
 Head Coach-Boys: Joel Garcia  
 Contact info: [Joel.garcia@cfisd.net](mailto:Joel.garcia@cfisd.net)  
 Athletic Trainers: Eric Laughlin & Joseph Hebert



District Athletic Director: Ray Zepeda  
 Campus Athletic Coordinator: Todd Thompson  
 Assistant Athletic Coordinator: Annette Steward  
 Building Principal: Jose Martinez

**“RUN AS ONE, COMPETE AS A TEAM, FINISH AS A FAMILY”**