

# Langham Creek High School JV 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 PAF Form*</small>	Langham Creek HS	6:00am- check in 7 Health screens	Practice 6:30 am- 8:00am
<b>September</b>					
3	Thursday	PARENT MEETING	VIRTUAL-ZOOM	Meeting starts at 6:30pm-7:30pm	ID & PW will be e-mailed & posted
8	Tuesday	FIRST DAY OF SCHOOL!!	Welcome Back		
10	Thursday	Dual Practice Meet (JV & Varsity) (2 mile-Timed run) All athletes	Langham Creek HS	All athletes be at LC at 5:00pm	1 <sup>st</sup> race starts at 6:00pm
16	Wednesday	Langham Creek- 2M JV Kick-Off Invite (JV only-10 runners only)	Langham Creek HS	Participating athletes at LC by 5:00pm	6:00 pm
24	Thursday	Cy Creek HS- 2mile Invitational	Cy Creek HS	4:30pm	6:00pm
<b>October</b>					
3	Saturday	FPR Hay Bale Run	Nottingham Park Spring branch ISD	7:30am	9:00am
9	Friday	Bobcat/Lobo Invitational Sub-Varsity	Burroughs Park Tomball, Texas	12:30pm	3:00pm
17	Friday	RECOVERY WEEKEND	REST	HYDRATE	STRETCH
21	Wednesday	Cy Lakes invitational	Cy Lakes HS	TBA	TBA
30	Friday	District 16-6A Meet	Spring Creek Park- Tomball, Tx.	5:45am	8:00am-12:00pm
<b>November</b>					
12	Thursday	XC Banquet	Weekly Community Center	6:00pm-9:00pm	Details TBD

Head Coach-Girls:  
Contact info:  
Head Coach-Boys:  
Contact info:  
Athletic Trainers:

Bronze Ellison  
[Bronze.ellison@cfisd.net](mailto:Bronze.ellison@cfisd.net)  
Joel Garcia  
[Joel.garcia@cisd.net](mailto:Joel.garcia@cisd.net)  
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”**