

# North Region Cross Country Schedule-2013 Season

Meet Date	10-Sep	17-Sep	24-Sep	1-Oct	Region Championship 8-Oct	State Meet 15-Oct
North Region Teams						
SAA	Hosting Team-Meet / SAA	NDPA	DIA	Highmark	NDPA	TBD
OPA	OPA	SAA	Legacy	NDPA	SAA	
Jefferson	Jefferson	Highmark	OPA	OPA	OPA	
Legacy			SAA		Jefferson	
Highmark					Legacy	
NDPA	Hosting Team-Meet E Legacy	OPA	Jefferson	Legacy	Highmark	
DIA	NDPA	Legacy	NDPA	SAA	DIA	
	Highmark	Jefferson	Highmark	Jefferson		
	DIA	DIA		DIA		

Girls run at 4:30, Boys run at 5.

Teams must each supply their own stickers with student athlete and school names for each meet.

Hosting schools must provide a 2 mile course and keep time and records for their meets.

In the region championship, the three top teams will advance (with 7 runners per team) as well as the 5 fastest individual girls and boys who won't be going to state with their teams.

School	Meet Location when hosting
SAA	
OPA	
Jefferson	Jefferson Academy-1425 S Angel St, Kaysville, UT 84037
Legacy	Legacy Prep Academy-2214 South 1250 West Woods Cross, UT 84087.
Highmark	
NDPA	
DIA	