

# Wave Runners Cross Country 2013 Meet Schedule

Email: [waverunners10@gmail.com](mailto:waverunners10@gmail.com) ~ Website: [www.greater-redondo-youth-running-club.com](http://www.greater-redondo-youth-running-club.com)

## Meets:

- 10/03 Thursday - MBMS@Manhattan Beach  
Boys Race at 3:30 p.m. - Girls Race at 4:00 p.m.
  - *Something for the athletes and family if they would like to participate on their own*  
10/05 Saturday - Palos Verdes 2 Mile Invite @ Palos Verdes Course  
**Open Race starts at 5:20 p.m.**
  - Friday 10/18 @ Mt Sac-Walnut Ca.  
Update will follow
- 
- Wednesday 10/23 - Chadwick @ Palos Verdes Course  
Race Schedule:  
3:45 p.m. - Girls 6<sup>th</sup> & 7<sup>th</sup> grade  
4:15 p.m. - Boys 6<sup>th</sup> & 7<sup>th</sup> grade  
4:40 p.m. - Girls 8<sup>th</sup> grade  
5:10 p.m. - Boys 8<sup>th</sup> grade
  - \*Friday 11/01 - Palos Verdes @ Palos Verdes Course  
Boys Race at 3:30 p.m. - Girls Race at 4:00 p.m.
  - \*Sunday 11/24 - SCMAF Cross Country Championship  
Centinela/Edward Vincent Park, Inglewood  
1<sup>st</sup> Race Starts at 10:30 a.m.
  - \*Sunday 12/15 - Jungle Bell Run Wave Runners Host @ Redondo Union HS  
**We will be sending out information soon for our needs from Parent Volunteers**

***TRACK REGISTRATION FOR THE 2014 SEASON***

***WILL BEGIN IN NOVEMBER/DECEMBER FOR CURRENT ATHLETES***

***AND IN JANUARY FOR NEW ATHLETES***

# Wave Runners Cross Country

## 2013 Practice Schedule

Email: [waverunners10@gmail.com](mailto:waverunners10@gmail.com) ~ website: [www.greater-redondo-youth-running-club.com](http://www.greater-redondo-youth-running-club.com)

**Practices Days:** Monday, Wednesday and Thursday

**Location:** Parras Middle School - 200 S. Lucia Redondo Beach, 90277

**Time:** 3:15 p.m. to 4:30 p.m.

*Please make note of the scheduled days we will **NOT** have practice.*

### September 2013

09/09 Monday (first Practice)

09/11 Wednesday

09/12 Thursday

09/16 Monday

09/17 Tuesday

09/18 Thursday (middle school back to school night)

09/23 Monday

09/25 Tuesday

09/26 Thursday **NO PRACTICE** (high school XC bay league meet)

09/30 Monday

### October 2013

10/02 Wednesday

10/03 Thursday **NO PRACTICE** [Wave Runners RACE DAY Manhattan Beach MS](#)

10/07 Monday

10/09 Wednesday

10/10 Thursday

10/14 Monday

10/16 Wednesday

10/17 Thursday **NO PRACTICE** (high school XC bay league meet)

10/21 Monday

10/23 Wednesday **NO PRACTICE** [Wave Runners RACE DAY Chadwick @ Palos Verdes Course](#)

10/24 Thursday

10/28 Monday

10/30 Wednesday - (Note PV race moved to Friday 11/01)

10/31 Thursday **NO PRACTICE** (Halloween)

# Wave Runners Cross Country

## 2013 Practice Schedule

Email: [waverunners10@gmail.com](mailto:waverunners10@gmail.com) ~ website: [www.greater-redondo-youth-running-club.com](http://www.greater-redondo-youth-running-club.com)

**Practices Days:** Monday, Wednesday and Thursday

**Location:** Parras Middle School - 200 S. Lucia Redondo Beach, 90277

**Time:** 3:15 p.m. to 4:30 p.m.

***Please make note of the scheduled days we will NOT have practice.***

### November 2013

11/04 Monday

11/06 Wednesday

11/07 Thursday **NO PRACTICE** (high school XC bay league finals meet)

11/11 Monday **NO PRACTICE** (Holiday)

11/13 Wednesday

11/14 Thursday

11/18 Monday

11/20 Wednesday

11/21 Thursday

11/25 11/27 and 11/28 **NO PRACTICE** (Thanksgiving Break)

### December 2013

12/02 Monday

12/04 Wednesday

12/05 Thursday

12/09 Monday

12/11 Wednesday

12/12 Thursday

12/16 **(Last Practice)**

---

***TRACK REGISTRATION FOR THE 2014 SEASON***

***WILL BEGIN IN NOVEMBER/DECEMBER FOR CURRENT ATHLETES***

***AND IN JANUARY FOR NEW ATHLETES***