

PARRAS WAVE RUNNERS XC SCHEDULE 2019

PRACTICES ARE TUES/THURS 3:15 -4:30

SEPTEMBER 10- DECEMBER 12

CROSS COUNTRY MEETS

DETAILS

MANHATTAN BEACH MIDDLE SCHOOL

Tues Oct 1 3 pm MBMS
Boys run @ 3:30
Girls run @ 4:00
Awards to follow

CPI SURF CITY

Sat. Oct 5
Central Park, HB Sports Park
Huntington Beach
18100 Goldenwest St
Open Race @ 8 am

MOUNT SAC

Friday Oct 18 1 pm
Mt. San Antonio College, Walnut, CA
2 pm
Parking \$3
*More Race info to follow

PALOS VERDES INTERMEDIATE SCHOOL

Monday November 4 Lunada Bay
7/8 Boys run @ 3:30
7/8 Girls run @ 4:00
6 Boys and Girls @ 4:30
Awards to follow

VIRTUAL 5K

Nov 12,14,19,and 21
This will be an opportunity for all of our runners to accomplish a 5K at their own pace.

WAVE RUNNERS' 7TH ANNUAL JINGLE BELL RUN

Sunday Dec 8 RUHS Track
10 am - 1:00 pm
11 am K-2nd 400 Meter Dash
11:30 3-6th 1 mile
12:00 pm 7th and 8th 2 mile

OTHER COMMUNITY EVENTS

DETAILS

SKECHERS PIER TO PIER

October 27

TORRANCE TURKEY TROT

November 28

P = Practice

M = Meet

PV5 = Practice/Virtual 5K

TT = Turkey Trot

SK = Skechers Walk

SEPTEMBER							OCTOBER							NOVEMBER							DECEMBER							
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	
						1		M	2	P	4	M	6						1	2	3							1
2	3	4	5	6	7	8	7	P	9	P	11	12	13	M	P	6	P	8	9	10	2	P	4	P	6	7	M	
9	P	11	P	13	14	15	14	P	16	P	M	19	20	11	PV5	13	PV5	15	16	17	9	P	11	P	13	14	15	
16	P	18	P	20	21	22	21	P	23	P	25	26	SK	18	PV5	20	PV5	22	23	24	16	17	18	19	20	21	22	
23	P	25	P	27	28	29	28	P	30	P				25	26	27	TT	29	30		23	24	25	26	27	28	29	
30																					30	31						

Notes: