

## MHCA Eagles Cross Country 2021

### Important Dates:

- ✖ **August 13 (Friday)** - 3-5pm- Team Sign-ups @ MHCA Gym (*during open house*)
- ✖ **August 16 (Monday)** - 4:30-5:30p- first team practice
- ✖ **August 20 (Friday)** - 6pm- Blue & Gold Bombers Open Practice meet- all ages, mixed teams of 7-12 participants (adults invited as well)
- ✖ **September 11 (Saturday)** - MHCA Eagles Cross Country Invitational at ASU-MH 11:00AM
- ✖ **September 14 (Tuesday)** - 4pm- @ West Plains Public School (*5th grade and older*). Leave for meet from MHCA at 2pm
- ✖ **September 16 (Thursday)** - Mandatory informational parent meeting for MHCA Athletics Domino's Pizza Cards- 5:15pm at MHCA Gym (*we will finish practice early so you can attend*)
- ✖ **October 11 (Monday)** -MHCA Eagles at ASU-MH (4pm first race)
- ✖ **October 22 (Friday)** - HCAA State meet in Rogers, AR (details to come)
- ✖ **October 23 (Saturday)** - 8 am -Run with the Bulls 5K- Hosted by Bombers-Open to anyone \*\*\* Not official MHCA event\*\*\*\*
- ✖ **October 30 (Saturday)** - Nationals at Springfield, MO details TBA - (8U & up)
- ✖ **November 20 (Saturday)** - White River Marathon Cotter, AR (5K, half and full marathon distances) - \*\*\* After season, Not official MHCA event \*\*