

# Southeastern District

## CROSS COUNTRY SCHEDULE 2022

Day	Date	Event	Time
Wednesday	9/7/22	SED Regular Season Meet 1 @ Bells Mill Park	5:30 pm
Wednesday	09/14/22	SED Regular Season Meet 2 @ Bells Mill Park	5:30 pm
Wednesday	09/21/22	SED Regular Season Meet 3 @ Bells Mill Park	5:30 pm
Wednesday	09/28/22	<b>Make-Up Date #1</b> <b>@ Bells Mill Park (Only If necessary)</b>	<b>5:30pm</b>
Saturday	10/1/22	<b>Southeastern Invitational</b> <b>@ Bells Mill Park</b>	<b>9:00am</b>
Wednesday	10/5/22	SED Regular Season Meet 4 @ Bells Mill Park	5:30 pm
Wednesday	10/12/22	SED Regular Season Meet 5 @ Bells Mill Park	5:30 pm
Wednesday	10/19/22	<b>Make-Up Date</b> <b>@ Bells Mill Park (Only If necessary)</b>	<b>5:30 pm</b>
Saturday	11/5/22	<b>Region 5A/6A Championships</b> <b>@ Bells Mill Park</b>	<b>TBA</b>
Fri.-Sat.	11/11-12/22	<b>VHSL State Championships</b> <b>TBD</b>	<b>TBA</b>

- **Date of First Practice: Monday, August 1st**
- **First Contest date: 8/24/22**
- **Region Start date: 10/29/22**
- **Region Deadline: 11/5/22**
- **Make-up Date #1 will be used only if SED 1, 2 or 3 gets cancelled.**
- **Make-up Date # 2 will be used only if SED 4 or 5 gets cancelled.**