

# Quest Junior High Cross Country Team

Welcome Athletes!

Practices will start on Monday, August 21<sup>st</sup> and run every day after school from 3:00pm to 4:00pm, Monday through Thursday. There will be no practice on the day of an actual meet. Practice will occur end of August through early October depending on state qualification. Please wear proper workout attire along with tennis shoes. We will run outside even on chilly days so dress accordingly. Please bring a water bottle to practice, as we will be going off campus to train.

## **Cross Country Meet Schedule**

Please meet at the host school at 3:30pm and be ready to race. Please wear a Quest cross country shirt (Quest Athletics will provide one for team members) and black bottoms. Mr. Roskelley will be at the host school waiting to walk the course with the boys/girls team before racing.

First Race: Boys 4:30 pm

Second race: Girls, shortly following boys last finisher

### **Thursday August 31<sup>st</sup> 2017**

@ Legacy Prep Academy  
2214 South 1250 West  
Woods Cross, UT 84087

Thursday September 7<sup>th</sup> 2017

@ North Davis Prep Academy  
1765 West Hill Field Road  
Layton, UT 84041

### **Tuesday September 12<sup>th</sup> 2017**

@ Quest Academy  
4862 West 4000 South  
West Haven, UT 84401

### **Thursday September 14<sup>th</sup> 2017**

@ Legacy Prep Academy  
2214 South 1250 West  
Woods Cross, UT 84087

### **Tuesday September 19<sup>th</sup> 2017**

@APA West Valley 2  
3636 West 3100 South  
West Valley City, UT 84120

### **Thursday September 21<sup>st</sup> 2017**

@ Quest Academy  
4862 West 4000 South,  
West Haven, UT 84401

### **Thursday September 28<sup>th</sup> 2017**

Regional Meet  
All Region Schools  
Location TBD

**Thursday October 5<sup>th</sup> 2017**

State Meet

Qualifying Teams and Individuals

@ Cottonwood Regional Softball Complex

4400 South 1300 East

Holladay, UT 84121

Please attend as many practices as you are able. We understand you may have prior commitments but do your very best to join us on a daily basis throughout the week. Parents feel free to talk and carpool for meets amongst yourselves.

Thank you for joining our Cross Country Competition Team. We are excited for this upcoming season.

-Quest Athletics