

MOQ 2024 Cross Country Schedule



- Practice #1: Tuesday, August 20, 7:00 – 8:00 PM, outdoor classroom
- Practice #2: Thursday, August 22, 7:00 – 8:00 PM, outdoor classroom
- Practice #3: Saturday, August 24, 8:00 – 9:00 AM, Walnut Grove Park (150th & Q St.)
- Practice #4: Tuesday, August 27, 7:00 – 8:00 PM, outdoor classroom
- Practice #5: Thursday, August 29, 7:00 – 8:00 PM, outdoor classroom
- Labor Day weekend practice: 30-minute run on your own
- Practice #6: Tuesday, September 3, 6:00 – 7:00 PM, outdoor classroom
- Meet #1: Thursday, September 5th, 3:30 PM DC West Invite (Sycamore Farms)
- Practice #7: Tuesday, September 10, 6:00 – 7:00 PM, outdoor classroom
- Practice #8: Thursday, September 12, 6:00 – 7:00 PM, outdoor classroom
- Practice #9: Saturday, September 14, 8:00 – 9:00 AM, Walnut Grove Park
- Meet #2: Tuesday, September 17, 5:30 PM PAL Meet #1 – Walnut Grove Park
- Practice #10: Thursday, September 19, 6:00 – 7:00 PM outdoor classroom
- Practice #11: Saturday, September 21, 8:00 – 9:00 AM, Skutt High School
- Meet #3: Tuesday, September 24, 4:30 PM Mount Michael
- Practice #12: Thursday, September 26, 6:00 – 7:00 PM, outdoor classroom
- Meet #4: Saturday, September 28, 8:00 - 9:00 AM, Skutt High School
- Practice #13: Tuesday October 1, 6:00 – 7:00 PM, outdoor classroom
- Practice #14: Thursday, October 3, 6:00 – 7:00 PM, outdoor classroom
- Meet #5: Saturday, October 5, 9 AM at Mount Michael
- Practice #15: Tuesday October 8, 6:00 – 7:00 PM, outdoor classroom
- Practice #16: Thursday, October 10, 6:00 – 7:00 PM, outdoor classroom
- Meet #6: Saturday, October 12, 1 PM at Papio South HS (Walnut Creek Rec. Area)
- Team Celebration: Tuesday, October 15, Time TBD outdoor classroom