

2019 Brighton High School Cross Country Schedule

Varsity & Junior Varsity

Head Coach: Karen Smidt 303-655-4209 (school) or 303-621-4540 (cell) ksmidt@sd27j.org
 Assistant Coach: Brandon Krage 720-234-2253 (cell) bkrage94@gmail.com
 Assistant Coach: Aby Smidt 303-906-6159 (cell) abysmidt@gmail.com
 Athletic Office: 303-655-4152 Athletic Secretary: Stephanie Carpenter 303-655-4155 scarpenter@sd27j.net
 Athletic Director: Ty Gordon 303-655-4152 tgordon@sd27j.net

**Practice 4:50pm - 6:50pm Tue-Fri . Trail run Saturdays will TYPICALLY be 7:30am unless otherwise announced--
 I try super hard to meet the needs of ALL athletes so the calendar is subject to change.**

Date	Day	Meet	Release	Bus	Time
July 29 –Aug 1	Mon-Thu	Cross Country Camp @ Horsetooth Reservoir			
August 2	Friday	ALL FALL SPORTS MUST BE REGISTERED!			
August 12	Monday	Official First Day of Practice @ Meet at Track	NA	NA	7:30am - 9:15
August 16	Friday	Spike Night & Parent Mtg@ Runner's Roost Lakewood		NA	5:30 - 7:00pm
August 19	Monday	Trail Run @ Boulder Creek	NA	NA	TBA
August 23-24	Fri/Sat	PRE STATE Cheyenne Mtn Stampede @ Penrose			3:00 p.m.
August 26	Monday	Jack n' Jill XC Relays @ Barr Lake State Park	Athletes report 1:30		4:30 p.m.
August 30	Friday	Horizon Invite @ Riverdale Park	12:30	NA	2:00pm
September 2	Monday	Labor Day -- NO PRACTICE			
September 5	Thursday	Standley Lake Invite @ Stoney Creek Golf Course			
September 7	Saturday	Trail Run@Bear Creek			7:30am
September 13-14	Fri / Sat	Middle Park @ Snow Mountain Ranch OVERNIGHT	10:30am	10:45	10:10 a.m.
September 19	Thursday	Martinez Mercury Classic @ Adams Fairgrounds	1:30	1:45	4:00 p.m.
September 21	Saturday	Trail Run@			7:30am
September 27	Friday	Thornton Invite @ Margaret Carpenter Rec Cntr	12:15	12:30	2:00 p.m.
September 28	Saturday	Trail Run @			7:30am
October 1	Tuesday	Pat Amato Fresh/Soph Invite @ Northglenn	2:00	2:15	4:00 p.m.
October 4	Friday	Pat Amato Varsity Invite @ Northglenn	12:00	12:15	2:00 p.m.
October 09	Wednesday	EMAC League Champs (ALL) @ Northglenn	1:15	1:30	3:00 p.m.
October 12	Saturday	Trail Run@ Horsetooth Reservoir			7:30am
October 17	Thursday	REGIONALS (Top Ten) @ Spring Canyon Park, Ft Collins	1:00	1:15	4:00 p.m.
October 26	Saturday	State Meet @ Penrose Equestrian Center			TBA
November 23	Saturday	**Nike Cross Regional Championships AZ			3 day trip OPTIONAL

ALL ATHLETES ARE EXPECTED TO ATTEND and stay throughout our **HOME MEETS**

Parents: please consider signing up to host a dinner

Spaghetti Dinner Dates: (Dinners occur during practice time & practice will be run at a park near the host's house)

Thursday, August 22nd @ Coach Smidt's

Thursday, August 29th @ Abi Read

~~Wednesday, September 4th @ Yates~~

Friday, September 13th @ Snow Mountain

Wednesday, September 18th @ Adams County Fairgrounds– Pizza after course set up

Thursday, September 26th @ Connor Federocko

Monday, September 30th @

Tuesday, October 8th @ Flanagan

Wednesday, October 16th @

**The Nike Cross Regional Championship is in Arizona and is an OPTIONAL AFTER SEASON TRIP. Please check out

<http://nxrsw.runnerspace.com/> The Trip entails cost of travel, lodging, food and the race entry (appx: \$350).

Check us out at www.bulldogdistance.com