

## 2024 Milton High School Cross Country Season Schedule & Important Dates\*

(As of July 30, 2024)

Date	Event	Location	Runners
Wed., May 1	2024 MXC Parent & Athlete Mtg.   Registration Open   Uniform samples   Spirit Wear Sale	Milton High Cafeteria 6:30 p.m.	ALL
Sat., May 25	Running Log Start Date - Log your miles!	Sign up at miltonxc.org	ALL
Mon-Sun. May 27-June 2	Dead Week 1 - No Captains' Summer Runs	Per GHSA Rules	ALL
Mon., June 3	1st Captains' Summer Run   8:00 a.m.	The Green	ALL
Fri., June 21	Last day to order a uniform to guarantee sizing	<a href="https://osp.osmsinc.com/FultonGA">https://osp.osmsinc.com/FultonGA</a>	ALL
Fri., June 28	MXC Captains' Rafting Trip = No Captains' Run. Cost: \$60 pp and waiver due prior to trip	Ocoee, TN (morning to early afternoon) Details in email.	Runners & family
Mon.-Sun. July 1-7	Dead Week 2 - No Captains' Summer Runs	Per GHSA Rules	ALL
Mon. July 8	Daily Captains' Summer Runs Resume   8:00 a.m.	The Green	ALL
Sun.-Fri. July 14-19	Atlanta Track Club Wingfoot XC Camp	Univ. of AL Huntsville	ALL
Sun., July 28	Scavenger Hunt/Parent Meeting: Spirit Wear Sale, BBQ and Potluck   Last day to record miles on Running Log!	Milton High School   3-5:30 p.m. Athletes wear clothes/shoes you can run in.	Runners & their families
Mon. & Tues, July 29-30	1st day of Practice - New MXC runners <b>Not fully registered/Not paid = No practice</b>	Milton High lSchool   3:45-6 p.m.	9th/new runners
Wed., July 31	1st day of full Team Practice <b>Not fully registered/Not paid = No practice- NO EXCEPTIONS!</b>	Milton High School   3:45-6 p.m.	ALL
Sat., Aug 3	MXC Team Trail Day - Earn lettering points	Meet in the baseball lot   8 a.m.	ALL
Mon., Aug. 5	1st day of school! Practice will be after school. Bring water - stay hydrated!	Milton High School   3:45-6 p.m.	ALL
Wed., Aug. 7	Parent XC Meeting	5:30 p.m. Milton HS Cafeteria	ALL
Fri., Aug. 9	Volunteer Training on the course with Mary 5:45 pm	Milton High - LAX/Band Field	All parents
Sat., Aug. 10	Time Trials 7:45 a.m. - girls, 8:30 a.m. - boys	Milton High - LAX/Band Field	ALL
Tues., Aug. 13	Uniform and Player Pack Distribution	After Practice	ALL
Sat., Aug. 17	Apalachee/Wildcat Opener	Apalachee HS, Winder, GA	ALL
Wed., Aug. 21	First Wednesday morning practice	6-7 a.m. Milton Football stadium	ALL
Sat., Aug. 24	Early Bird Invite (SAT test date - runners excused if registered)	Whitesburg, GA	ALL
Fri.-Mon., Aug 30-Sept 2	No Practice! No ok Enjoy Labor Day weekend!	Run on your own	ALL
<b>Tue.-Wed., Sept 3-4</b>	No School - Optional Practice	<b>9/3 4pm Milton HS 9/4 7am MHS Stadium</b>	ALL
Sat., Sept 7	10th Milton XC Invitational & AlphaCrushMeet	Milton High - LAX/Band Field	ALL
Sat., Sept. 14	Fleet Feet Warpath Invitational (ACT Test Date)	Boiling Park, Canton, GA	ALL
Tues., Sept 17	Picture Day - at the beginning of practice	Milton HS - Front of School	ALL
Sat., Sept. 21	Wingfoot XC Invite	Sam Smith Park, Cartersville, GA	ALL
Fri., Sept. 27	Off		ALL
Sat., Oct .5	Wendy's Invitational Overnight (Senior Speeches) (SAT test date)	Charlotte, NC	Top 40 B&G
Fri., Oct. 11	Pickens & Grinnin Invitational	Jasper, GA	JV
Sat., Oct. 12	OFF (SAT test date)	Run on your own	ALL
Fri.-Wed., Oct. 11-16	<b>No School = Optional practices on 15h &amp; 16th</b>	Run on your own Opt practices on 15th & 16th TBA	ALL
Sat., Oct. 19	North Oconee Invite - <b>Wear your PINK!</b>	Bogart, GA	ALL
Tues., Oct. 22	MXC Senior Night - Seniors & their family	Milton Cafeteria	Seniors & Sr. Parents
Thur., Oct. 24	Intra-Squad Relays (ALL) 4:30-6 p.m.		ALL
Fri., Oct. 25	OFF (ACT Test Date & Homecoming, Oct. 26)	Run on your own	ALL
Sat., Nov. 2	GHSA Sectionals (SAT Test Date)	TBD	ALL
Fri., Nov. 8	GHSA State 5A XC Championship Meet B-10:30am, G-11:15am	Carrollton Elementary, Carrollton, GA	Top-7 & Alternates
Tues., Nov. 12	Milton Cross Country Awards Ceremony	Northside Church	ALL

\*Please note the 2024 schedule is tentative! All details regarding meets will be sent via email Thursday before each meet (i.e.: rosters, addresses, departure times, etc.) **Red Font - Still needs to be finalized**