

RMS Cross Country Schedule 2023

Date	Location	Opponents
09/28	Royal Oak	Gladstone, Royal Oak, Traweek,
10/5	Ramona	El Roble and Royal Oak
10/13	Mt. Sac	Invitational
10/17	El Roble	Goddard and Suzanne
10/24	Gladstone	Goddard and Sandburg
11/2	Royal Oak	League Finals

* All meets start at 3:00. Athletes excused at 2:30 for home meets, 2:15 for away meets.

*Meets will end at varying times depending on how fast the races are finished.