

2024 NRHSAA Cross Country Competition Dates (tentative Sept. 1)

Date	Meet Name	Location	Contact/info
Thurs., Sept. 19	GovSimcoe XC Invite	Firemen's Park, N.F.	Steven.Fife@dsbn.org
Wed.,Sept. 25	Gryphon Invite Pre-SOSSA	Christie Lake Cons. Area Dundas	Mike Smith, Dundas Valley msmith@hwdsb.on.ca
Thurs.Sept.26	Pre-OFSAA Glebe Gryphon Invite	Terry Fox Athletic Facility Ottawa	ofsaa.on.ca/cross-country-running
Thurs. Oct.3	Brock U. Invite	Brock U.	Kevin Moore kmoore6@brocku.ca
Thurs., Oct. 17	Zones 3 + 4 Championships	Firemen's Park NF	NRHSAA XC webpage alexander.acs@dsbn.org
Thurs., Oct. 24	SOSSA Cross Country Championship	Christie Lake Cons. Area Dundas	Mike Smith msmith@hwdsb.on.ca
Mon., Nov. 4	OFSAA Cross Country Championship	Terry Fox Athletic Facility Ottawa	ofsaa.on.ca/cross-country-running