2023 EAST XC

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| **Date** | **Start Time** | **Teams** | **Event** | **Location** |
| ***8-5*** | 7:30am | ALL | Time Trials | Lost Mountain Park*Powder Springs, GA* |
| ***8-12*** | 7:20am | ALL | Harrison 2 Mile  | Allatoona Creek*Acworth, GA* |
| ***8-19*** | 8am | ALL | Rockmart | Nathan Dean Park*Rockmart, GA* |
| ***8-26******SAT*** |  |  | PRACTICE |  |
| ***9-2*** | 8am | ALL | Run at the Rock | Woodland HS*Cartersville, GA* |
| ***9-9******ACT*** | 8:30am | V | Carrollton Invite | Carrollton MS*Carrollton, GA* |
| ***9-16*** | 9:10am | JV | Wire2Wire | Dellinger Park*Cartersville, GA* |
| ***9-23*** | 7:30am | ALL | County | White Oak Park*Dallas, GA* |
| ***9-30*** |  |  | PRACTICE |  |
| ***10-3*** | 4:30pm | JV | Rockmart Invite | Prospect Valley Golf Course*Rockmart, GA* |
| ***10-7******SAT*** | 9am | V | Wendy’s | McAlpine Park*Charlotte, NC* |
| ***10-13*** | 6:00pm | ALL | Pickens & Grinnin | Roper Park*Jasper, GA* |
| ***10-21*** | 8am | ALL | Region Championships | McIntosh Reserve*Whitesburg, GA* |
| ***10-27*** | 6:30am | ALL | End of Season Mile Time Trial | EPHS Track |
| ***11-4******SAT*** | 2:00pm | V | State AAAAAA Championship | Carrollton MS*Carrollton, GA* |

\*Races and times are subject to change, above is a tentative schedule

Website

[www.eastpauldingxc.com](http://www.eastpauldingxc.com)

Remind

Athletes: @epxc23

Parents: @epxc23p