

**2018 MID ALASKA CONFERENCE
CROSS COUNTRY RUNNING SCHEDULE**

DATE	DAY	TIME	EVENT	LOCATION/HOST
July 25	Wed		PRACTICE BEGINS	
Aug. 11	Sat	10G/10:30B	West Valley Invite	West Ridge-UAF /West Valley
			<i>10:00 freshman race, boys and girls combined. (No official results will be kept)</i>	
			<i>10:30 Girls "Official" race (Unattached runners allowed, but no times recorded)</i>	
			<i>11:00 Boys "Official" race (Unattached runners allowed, but no times recorded)</i>	
Aug. 18	Sat	10:00/10:45	JV Races	
		11:30/12:15	All Schools Varsity	Chena Lakes* /North Pole
			<i>10:00 freshman race, boys and girls combined. (No official results will be kept)</i>	
			<i>10:30 Girls "Official" race (Unattached runners allowed, but no times recorded)</i>	
			<i>11:00 Boys "Official" race (Unattached runners allowed, but no times recorded)</i>	
** NPHS will hold this race at Chena Lakes Recreational Area.				
Aug. 25	Sat	11G/11:45B	Interior Invitational	Birch Hill/Lathrop
		10:00am	Bartlett Invitational	Bartlett HS/Bartlett
Aug 31	Fri	5:30/6:15pm	All Schools J.V. All Schools Varsity	Salcha/Eielson
Sept. 7	Fri.	TBA	ACS Class Challenge Galena	ACS
Sept. 8	Sat	10:00am	Palmer Invite Lathrop, Monroe, West Valley, North Pole, Hutchison Delta, Galena	Palmer
Sept. 11	Tue	3:30/4:15	3200m Postal	WVHS/West Valley
Sept. 14	Fri	4:30/5:15 6:00/6:45	Delta Invitational	Delta/Delta
REGIONAL CHAMPIONSHIPS				
HOST: Monroe @ Birch Hill				
Sept. 22	Sat.	1:00pm	JV Girls	
		1:45pm	JV Boys	
		2:30pm	3A/4A Girls	
		3:15pm	3A/4A Boys	
Sept. 29	Sat.	TBA	ASAA/FIRST NATIONAL BANK STATE CHAMPIONSHIPS	Bartlett