



Douglas City School Cross Country 2025



Date	Day	Place	Meet Start	Leave Time	Approx Return Time
9/5/2025	Fri	Trinity Prep Meet	12:00pm	11:15am	2:30pm
9/19/2025	Fri	Mount Shasta	11:30am	8:30am	4:00pm
9/24/2025	Wed	Fall River Meet	2:00pm	10:30am	6:30pm
9/30/2025	Tues	Douglas City Meet	2:30pm		
10/7/2025	Tues	Willow Creek	4:00pm	1:30pm	7:00pm
10/14/2025	Tue	Etna	1:30pm	10:45am	6:00pm
10/15/2025	Wed	Hayfork	2:30pm	1:15pm	5:00pm

Practices are Monday/Wednesday 3:45pm-5:00 pm

Coach: Sally Cousins

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