



# Douglas City School Cross Country 2026



| Date       | Day | Place             | Meet Start | Leave Time | Approx Return Time | Drive Time |
|------------|-----|-------------------|------------|------------|--------------------|------------|
| 9/11/2026  | Fri | Trinity Prep Meet | 1:30pm     | 12:45pm    | 3:00pm             | 15 min     |
| 9/18/2026  | Fri | Mount Shasta      | 12:50pm    | 9:45am     | 5:00pm             | 2 hours    |
| 9/25/2026  | Fri | DC                | 2:00pm     |            |                    |            |
| 9/30/2026  | Wed | Fall River Meet   | 2:00pm     | 10:30am    | 6:30pm             | 2.5 hours  |
| 10/14/2026 | Wed | Hayfork           | 2:30pm     | 1:15pm     | 5:00pm             | 40 min     |

Practices are Monday/Wednesday 3:40pm-4:50 pm

**Coach: Sally Cousins**

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