

# Boys and Girls State Champions Timpanogos Cross Country 2017

Date	Meet	Location	Time	Bus
June 5-Aug 8	M-F Summer Practice	Timpanogos Track	7:30 AM	
Aug 8-12	Jody Benson XC Camp	Lava Hot Springs		
Aug 17	Thurs Highland Invitational	Sugarhouse Park	4:00 PM	1:45 PM
Aug. 29	Tue Pre Region	<b>Scera Park</b>	5:00 PM	
Sept. 2	Sat Utah County Inv.	Lakeside Sports Park	9:00 AM	
Sept. 4	Mon. T-wolf Trot	Timpanogos High	8:00 AM	
Sept. 9	Sat. Wasatch Invite	Soldier Hollow	8:00 AM	7:00 AM
Sept. 16	Sat. Viking Invite	PG		
Sept. 23	Sat. Bob Firman Invitational	Boise, ID	TBA	
<b>Oct. 6</b>	<b>Fri Region</b>	<b>Scera Park</b>	<b>3:00 pm</b>	
<b>**Oct. 18</b>	<b>Wed. Utah State Meet</b>	<b>Sugarhouse Park</b>	<b>3:30 PM</b>	<b>11:00AM</b>
<b>Nov. 4</b>	<b>Sat. Pre-Footlocker</b>	<b>American Fork</b>	<b>9:00 AM</b>	<b>7:00 AM</b>
<b>**Nov. 18</b>	<b>Sat Nike Southwest Championship</b>	<b>Casa Grande, AZ</b>		<b>TBA</b>
<b>**Dec. 2</b>	<b>Sat Nike Cross Nationals</b>	<b>Portland, OR</b>		

Coach Jody Benson, Coach Brooke Davies, Coach Micah Moore, Coach Jen Fitzgarrald

\*\* Only Top seven will be able to participate.

Website: [www.runtwolf.com](http://www.runtwolf.com)