



SUNSET CROSS COUNTRY 2023

SUNSET HIGH SCHOOL – 13840 NW Cornell Rd. – Portland, OR 97229

Head Coach Dan Neeway

Asst Coaches Ellie Rozendaal, Stephen Fey, Maddy Trevisan, Christie Cesar, Keenan Rebera

SCHEDULE OF EVENTS

AUGUST

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

OFFICIAL MANDATORY PRACTICES BEGIN – CLEARANCE REQUIRED

(All practices at Sunset Track unless otherwise noted)

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| 13 | 14 Practice 9-11:30 am | 15 Practice 9-11:30 am | 16 Practice 9-11:30 | 17 Practice 9-11:30 | 18 Practice TBD <i>Miles that Matter</i> | 19 <i>Miles that Matter</i> Breakfast 9am | | | | |
| 20 | 21 Practice 2:55-5:30 pm | 22 Practice 2:55-5:30 pm | 23 Practice 2:55-5:30 pm Parent Meeting 8:00 | 24 Practice 2:55-5:30 pm | 25 Wilsonville Night Meet | 26 Varsity Practice 10:00am | | | | |
| 27 | 28 Practice 2:55 | 29 Practice 2:55 | 30 Practice 2:55 | 31 Practice 2:55 | | | | | | |

SEPTEMBER

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

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|----|--|--|--|---------------------|-------------------------------------|--|
| | | | | | 1 Practice 2:55 | 2 No practice |
| 3 | 4 Practice 3-5 Labor Day Non-mandatory* | 5 Practice 2:55 1 st Day of School Freshman only | 6 Practice 2:55 | 7 Practice 2:55 | 8 Practice 2:55 | 9 Ash Creek XC Festival |
| 10 | 11 Practice 2:55 | 12 Practice 2:55 | 13 AHS/SR/WV @ Sunset Hosted at SR HS | 14 Practice 2:55 | 15 Meriwether Classic | 16 Select Varsity Team** Woodbridge Classic |
| 17 | 18 Practice 2:55 | 19 Practice 2:55 | 20 Practice 2:55 | 21 Practice 2:55 | 22 Practice 2:55 | 23 Varsity Practice 9:00am |
| 24 | 25 Practice 2:55 | 26 Practice 2:55 | 27 Practice 2:55 | 28 Practice 2:55 | 29 Practice 3-5 | 30 Nike Portland XC |

* Labor Day practice is not mandatory. However, we encourage all athletes to participate and require written notice in the event of an absence.

** Twelve boys and twelve girls will be selected to travel to Irvine, CA, for the **Woodbridge Classic**, departing on Saturday morning, returning on Monday. These 24 athletes will *not* compete at the Meriwether Classic though they will be expected to attend and support their teammates.

OCTOBER

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|----|--|--|---|--|--|--|
| 1 | 2 Practice 2:55 | 3 Practice 2:55 | 4 AHS/MS/SHS @ Beaverton | 5 Practice 2:55 | 6 No practice | 7 Select Varsity Team Hole in the Wall Invite |
| 8 | 9 Practice 2:55 | 10 Practice 2:55 | 11 Practice 2:55 | 12 Practice 2:55 | 13 Rose City Championship | 14 No practice |
| 15 | 16 Practice 2:55 | 17 Practice 2:55 | 18 Jesuit/Sunset @ Aloha | 19 Practice 2:55 | 20 Practice 2:55 | 21 Varsity only Practice TBD |
| 22 | 23 Practice 2:55 | 24 Practice 2:55 | 25 Metro League Championships | 26 Practice 2:55 (State qualifiers only) | 27 Practice 2:55 (State qualifiers only) | 28 Practice 9:00am (State qualifiers only) |
| 29 | 30 Practice 2:55 (State qualifiers only) | 31 Practice 2:55 (State qualifiers only) | | | | |

NOVEMBER

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|--------|--------|---------|---|---|---|---|
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| | | | 1 Practice 2:55 (State qualifiers only) | 2 Practice 2:55 (State qualifiers only) | 3 Practice 2:55 (State qualifiers only) | 4 Qualifiers Only OSAA State Championships |

- Nov. 4** **State Championships** – Rooter Bus – 10:30am
- Nov. 11** **Nike NXR Northwest** – Boise, ID
- Nov. 15** **End-of-Season Awards Dessert** – Sunset Cafeteria – 6:30pm

STANDARDIZED TEST DATES 2023-2024

SAT Aug 26, Oct 7, Nov 4*, Dec 2, Mar 9, May 4, Jun 1 **PSAT** Oct 14
ACT Sep 9**, Oct 28, Dec 9, Feb 10, Apr 13, June 8, July 13

* Please do not register for this date..
 ** Please consider signing up for other dates. Remember: BSD offers district-wide ACT testing in April.