



SUNSET CROSS COUNTRY 2024

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

Head Coach Dan Neeway

Asst Coaches Ellie Rozendaal, Stephen Fey, Christie Cesar

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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18	19 Practice 3:45	20 Practice 3:45	21 Practice 3:45 Parent Meeting 8:00	22 Practice 3:45	23 Practice 9:00	24 Varsity Practice 10:00am
25	26 Practice 3:45 1 st Day of School Freshman only	27 Practice 3:45	28 Practice 3:45	29 Practice 3:45	30 Wilsonville Night Meet	31 Varsity Practice 10:00am

SEPTEMBER

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

1	2 Practice 3:45 Labor Day Non-mandatory*	3 Practice 3:45 1 st Day of School Freshman only	4 Practice 3:45	5 Practice 3:45	6 Practice 3:45	7 See note** Tahoma Coed Relays
8	9 Practice 3:45	10 Practice 3:45	11 League Meet @ Jesuit	12 Practice 3:45	13 Practice 3:45	14 Varsity Practice 9:00am
15	16 Practice 3:45	17 Practice 3:45	18 Practice 3:45	19 Practice 3:45	20 Practice 3:45	13 The Mook XC Invite
22	23 Practice 3:45	24 Practice 3:45	25 Practice 3:45	26 Practice 3:45	27 Practice 3:45	28 Nike Portland XC
29	30 Practice 3:45					

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

** Tahoma Coed Relays participation is non-mandatory; however, ALL are encouraged to participate. This fun racing opportunity has the team departing by bus from Sunset HS at 4:30am, returning mid-afternoon.

OCTOBER

		1 Practice 3:45	2 Practice 3:45	3 Practice 3:45	4 Practice 3:45	5 Select Team* John Payne Invitational
6	7 Practice 3:45	8 Practice 3:45	9 Practice 3:45	10 Practice 3:45	11 Rose City Championship	12 No practice
13	14 Practice 3:45	15 Practice 3:45	16 League Meet @ Mountainside	17 Practice 3:45	18 Practice 3:45	19 Varsity only Practice TBD
20	21 Practice 3:45	22 Practice 3:45	23 League Meet @ Sunset	24 Practice 3:45	25 Practice 3:45	26 Varsity only Practice TBD
27	28 Practice 3:45	29 Practice 3:45	30 Metro League Championships	31 Practice 3:45 (State qualifiers only)		

* "Select Team" at the John Payne Invitational refers to a smaller varsity group of athletes from the team. Final rosters will be announced in September. Travel by Amtrak train, departing on Friday, with overnight hotel stay in Tacoma. Return on Amtrak Saturday evening. Additional details TBA.

NOVEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Practice 3:45 (State qualifiers only)	2 Practice 9:00am (State qualifiers only)
3	4 Practice 3:45 (State qualifiers only)	5 Practice 3:45 (State qualifiers only)	6 Practice 3:45 (State qualifiers only)	7 Practice 3:45 (State qualifiers only)	8 Practice 3:45 (State qualifiers only)	9 Qualifiers Only OSAA State Championships

Nov. 9 **State Championships** – Rooter Bus – 10:30am

Nov. 16 **Nike NXR Northwest** – Boise, ID

Nov. 20 **End-of-Season Awards Dessert** – Sunset Cafeteria – 6:30pm

STANDARDIZED TEST DATES 2024-2025

SAT Aug 24, Oct 5*, Nov 2, Dec 7, Mar 8, May 3, Jun 7 **PSAT** Oct 12

ACT** Jul 13, Sep 14, Oct 26, Dec 14, Feb 8, Apr 5, June 14, July 12

* Varsity aspirants should think twice before registering for this date.

** Remember: BSD offers district-wide ACT testing in April.