



SUNSET CROSS COUNTRY 2021

SUNSET HIGH SCHOOL – 13840 NW Cornell Rd. – Portland, OR 97229
 Head Coach Dan Neeway
 Assistant Coaches Ellie Rozendaal, Lindsey Morse, Stephen Fey, Ryan French

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)						
↓	↓	↓	↓	↓	↓	↓
15	16 Practice 7:30-11am	17 Practice 7:30am-12pm	18 Practice 9-11:30	19 Practice 9-11:30	20 Practice TBD <i>Miles that Matter</i>	21 <i>Miles that Matter</i> Breakfast 9am
22	23 Practice 9-11:30am	24 Practice 7:30am-12pm	25 Practice 9-11:30	26 Practice 9-11:30	27 Wilsonville Night Meet	28 Varsity only Practice 9:00am
29	30 Practice 3-5:30	31 Practice 3-5:30				

SEPTEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Practice 3-5:30	2 Darrel Deedon Cascade Invite	3 Practice 9-11am	4 No Practice Labor Day Wknd
5	6 Practice 4-6 Labor Day Non-mandatory*	7 Practice 2:55-5 No school	8 Practice 2:55-5 1 st Day of School	9 Practice 2:55-5	10 Practice 2:55-5	11 Select Team** Tahoma Coed Relays
12	13 Practice 2:55-5	14 Practice 3:30-5:15	15 MS @ JHS	16 Practice 2:55-5	17 Practice 2:55-5	18 Varsity only Practice 9:00am
19	20 Practice 2:55-5	21 Practice 3:30-5:15	22 Practice 2:55-5	23 Practice 2:55-5	24 Practice 2:55-5	25 Nike Portland XC
26	27 Practice 2:55-5	28 Practice 3:30-5:15	29 Practice 2:55-5	30 Practice 2:55-5		

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

** Only athletes who attended enough summer conditioning sessions will compete at the Tahoma Co-ed Relays.

OCTOBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Flat and Fast Invite	2 No Practice
3	4 Practice 2:55-5	5 Practice 3:30-5:15	6 BHS/WV @ MS	7 Practice 2:55-5	8 Practice 2:55-5 No school	9 No Practice
10	11 Practice 2:55-5	12 Practice 3:30-5:15	13 Practice 2:55-5	14 Practice 2:55-5	15 Practice 2:55-5	16 Meet Detail TBD
17	18 Practice 2:55-5	19 Practice 3:30-5:15	20 AHS/MS/SR @ SHS	21 Practice 2:55-5	22 Practice 2:55-5	23 Varsity only Practice 9:00am
24	25 Practice 2:55-5	26 Practice 3:30-5:15	27 Metro League Championships	28 Practice 2:55-5 (State qualifiers only)	29 Practice 2:55-5 (State qualifiers only)	30 Practice 9:00am (State qualifiers only)
31						

NOVEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Practice 2:55-5 (State qualifiers only)	2 Practice 3:30-5:15 (State qualifiers only)	3 Practice 2:55-5 (State qualifiers only)	4 Practice 2:55-5 (State qualifiers only)	5 Practice 2:55-5 (State qualifiers only)	6 Qualifiers Only OSAA State Championships

- Nov. 6** State Championships – Rooter Bus – 10:30am
- Nov. 13** Nike NXR Northwest – Boise, ID
- Nov. 17** End-of-Season Awards Dessert – Sunset Cafeteria – 6:30pm
- Nov. 21** Great NW Chase Race – Lewis and Clark College
This is a new meet looking to replace BorderClash on the high school racing calendar.

STANDARDIZED TEST DATES 2021-2022

SAT Aug 28, Oct 2, Nov 6*, Dec 4, Mar 12, May 7, Jun 4 **PSAT** Oct 16
ACT Sep 11, Oct 23, Dec 11, Feb 12, Apr 2, June 11, July 16

* Coaches ask varsity-level athletes to discuss tests on November 2 with coaches before registering.