



# SUNSET CROSS COUNTRY 2022

SUNSET HIGH SCHOOL – 13840 NW Cornell Rd. – Portland, OR 97229  
 Head Coach Dan Neeway  
 Assistant Coaches Ellie Rozendaal, Stephen Fey, Maddy Trevisan, Ben Lee

## SCHEDULE OF EVENTS

### AUGUST

| SUNDAY   | MONDAY                      | TUESDAY                      | WEDNESDAY   | THURSDAY                  | FRIDAY   | SATURDAY  |
|--|-----------------------------|------------------------------|---|---------------------------|--|---|
| <b>OFFICIAL MANDATORY PRACTICES BEGIN – CLEARANCE REQUIRED</b> |                             |                              |   |                           |  |   |
| (All practices at Sunset Track unless otherwise noted)         |                             |                              |   |                           |  |   |
| ↓  | ↓                           | ↓                            | ↓   | ↓                         | ↓  | ↓   |
| 14   | 15<br>Practice<br>6-8 pm    | 16<br>Practice<br>9-11:30 am | 17<br>Practice<br>9-11:30<br><small>Parent Meeting 7:00</small> | 18<br>Practice<br>9-11:30 | 19<br>Practice TBD<br><i>Miles that Matter</i> | 20<br><i>Miles that Matter</i><br>Breakfast 9am |
| 21   | 22<br>Practice<br>9-11:30am | 23<br>Practice<br>9-11:30    | 24<br>Practice<br>9-11:30                                       | 25<br>Practice<br>9-11:30 | 26<br><b>Wilsonville<br/>Night Meet</b>        | 27<br>Varsity only<br>Practice<br>9:00am        |
| 28   | 29<br>Practice 3-5          | 30<br>Practice 3-5           | 31<br>Practice 3-5  |                           |  |   |

### SEPTEMBER

| SUNDAY | MONDAY   | TUESDAY   | WEDNESDAY                              | THURSDAY            | FRIDAY                                 | SATURDAY  |
|--------|--|---|--|---------------------|--|---|
|        |  |   |  | 1<br>Practice 3-5   | 2<br>Practice<br>9-11:30am             | 3<br>No practice  |
| 4      | 5<br>Practice 4-6<br><small>Labor Day<br/>Non-mandatory*</small> | 6<br>Practice 2:55<br><small>1<sup>st</sup> Day of School<br/>Freshman only</small> | 7<br>Practice 2:55                     | 8<br>Practice 2:55  | 9<br>Practice 2:55                     | 10<br><small>Select Team**</small><br><b>Tahoma<br/>Coed Relays</b> |
| 11     | 12<br>Practice 2:55  | 13<br>Practice 2:55   | 14<br><b>Aloha/WV<br/>@ Southridge</b> | 15<br>Practice 2:55 | 16<br><b>Oregon City<br/>XC Invite</b> | 17<br>Varsity only<br>Practice<br>9:00am                            |
| 18     | 19<br>Practice 2:55  | 20<br>Practice 2:55   | 21<br>Practice 2:55                    | 22<br>Practice 2:55 | 23<br>Practice 2:55                    | 24<br><b>Nike<br/>Portland XC</b>                                   |
| 25     | 26<br>Practice 2:55  | 27<br>Practice 2:55   | 28<br>Practice 2:55                    | 29<br>Practice 2:55 | 30<br>Practice 3-5                     |   |

\* 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. More detail is available in the summer kickoff packet.

# OCTOBER

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

# NOVEMBER

| SUNDAY | MONDAY | TUESDAY                                       | WEDNESDAY                                     | THURSDAY                                      | FRIDAY  | SATURDAY  |
|--------|--------|---|---|---|---|---|
|        |        | 1<br>Practice 2:55<br>(State qualifiers only) | 2<br>Practice 2:55<br>(State qualifiers only) | 3<br>Practice 2:55<br>(State qualifiers only) | 4<br>Practice 2:55<br>(State qualifiers only) | 5<br>Qualifiers Only<br><b>OSAA State<br/>Championships</b> |

**Nov. 5** State Championships – Rooter Bus – 10:30am

**Nov. 9** End-of-Season Awards Dessert – Sunset Cafeteria – 6:30pm

**Nov. 12** Nike NXR Northwest – Boise, ID

## STANDARDIZED TEST DATES 2022-2023

**SAT** Aug 27, Oct 1, Nov 5\*, Dec 3, Mar 11\*\*, May 6, Jun 3 **PSAT** Oct 15

**ACT** Sep 10\*\*, Oct 22\*\*, Dec 10, Feb 11, Apr 15, June 10, July 15

\* Please do not register for this date..

\*\* For those wishing to compete at Tahoma XC, please consider a different date when registering for ACT tests. We will not schedule a meet for Saturday, October 22. One can have no reservations about scheduling for the 10/22 ACT test.