

# 2021 Dana Hills XC Schedule

<b>May</b>		<b>Physicals @ South Coast Family Medical Center</b>
<b>June 9</b>	<b>Wed</b>	<b>Shoe Night @ Fleet Feet 5 PM</b>
<b>June 21</b>	<b>Mon</b>	<b>Unofficial Summer Workouts (M-Sat)</b>
<b>July 7</b>	<b>Wed</b>	<b>Summer Training Begins for All (M-Sat) @ DHHS</b>
<b>July 30</b>	<b>Fri</b>	<b>Time Trial for Jalama @ DHHS</b>
<b>Aug 2-7</b>	<b>M-Sa</b>	<b>Jalama Beach Camp (20-25 Runners)</b>
<b>Aug 13</b>	<b>Fri</b>	<b>Final Time Trial @ DHHS</b>
<b>Aug 17</b>	<b>Tues</b>	<b>1<sup>st</sup> Day of School, After School Practices Begin</b>
<b>Aug 19</b>	<b>Thurs</b>	<b>Parent/Athlete Meeting @ DHHS 5:30 PM</b>
<b>Aug 24</b>	<b>Tuesday</b>	<b>Shoe/Racing Flat Night @ Fleet Feet 5 PM</b>
<b>Aug 28</b>	<b>Fri</b>	<b>2 Mile Race vs. MVHS &amp; ? @ TBA</b>
<b>Sept TBA</b>	<b>W-Su</b>	<b>Varsity Trip TBA</b>
<b>Sept 11</b>	<b>Sat</b>	<b>Laguna Hills Invite @ LHHS (F/S Only)</b>
<b>Sept 18</b>	<b>Sat</b>	<b>Mt. Carmel Invite @ Morley Field San Diego</b>
<b>Sept 25</b>	<b>Sat</b>	<b>ALL DAY DANA HILLS INVITE (EVERYONE 6am to 3pm)</b>
<b>Oct 2</b>	<b>Sat</b>	<b>Central Park Invitational @ Central Park</b>
<b>Oct 9</b>	<b>Sat</b>	<b>Clovis Invite @ Woodward Park Fresno (10-14 Runners)</b>
<b>Oct 16</b>	<b>Sat</b>	<b>OC Champs @ Irvine Lake</b>
<b>Oct 22</b>	<b>Fri</b>	<b>Picture Day</b>
<b>Oct 23</b>	<b>Sat</b>	<b>Mt SAC Invite @ Mt SAC</b>
<b>Nov 4</b>	<b>Thurs</b>	<b>SCL Finals @ Irvine Regional Park 12 PM</b>
<b>Nov 13</b>	<b>Sat</b>	<b>CIF Prelims @ Mt SAC (Varsity Only)</b>
<b>Nov 20</b>	<b>Sat</b>	<b>CIF Finals @ Mt SAC (Varsity Only)</b>
<b>Nov 27</b>	<b>Sat</b>	<b>CA State Meet @ Woodward Park Fresno (Varsity Only)</b>
<b>Dec ?</b>	<b>TBD</b>	<b>Awards Banquet @ TBA</b>
<b>Dec 4</b>	<b>Sat</b>	<b>Nike Cross Nationals in Portland, OR</b>