

August

2019

Arete HS Cross Country (subject to change)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 Summer Workout 6am-8am, School (voluntary)	3
4	5 Summer Workout 6am, School (voluntary)	6 1 st Day of school	7 Summer Workout 6am, School (voluntary)	8 Fall Sports Meeting, 7:15pm (please attend with parent)	9	10 Summer Workout-Long Run, 6am, Location TBD (voluntary)
11	12 First day of official Practice, 6am, School (Mandatory)	13 4:30pm-6:15pm, School- weight room	14 No practice, run on your own	15 4:30pm-6:15pm, School- weight room	16 6am, School	17 Prescott Day Camp, School at 5am. Return to school by 7pm or sooner (this will be fun!)
18	19 6am, Freestone Park	20 4:30pm-6:15pm, School- weight room	21 6am, School	22 4:30pm-6:15pm, School- weight room	23 Preseason Race-Lone Tree Golf Course, Chandler, 6pm (optional and registration is \$25)	24 No Practice
25	26 No Practice	27 4:30pm-6:15pm, School- weight room	28 6am, Freestone Park	29 4:30pm-6:15pm, School- weight room	30 6am, School	31 6am, Location TBD (Trail Run)

September

2019

Arete HS Cross Country (subject to change)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Labor Day-No Practice	3 4:30pm-6:15pm, School-weight room	4 6am, School	5 4:30pm-6:15pm, School-weight room	6 6am, School	7 Peaks Invite, Flagstaff, Meet at school to board van, Time TBD
8	9 6am, Freestone Park	10 4:30pm-6:15pm, School-weight room	11 6am, School	12 4:30pm-6:15pm, School-weight room	13 No Practice-run on your own	14 Fountain Hills Invite, Fountain Hills Park, Time TBD
15	16 No Practice (Coach out of town) Run on your own	17 4:30pm-6:15pm, School-weight room	18 6am, Freestone Park	19 4:30pm-6:15pm, School-weight room	20 6am, School	21 Doug Conley Invite, Shalimar Golf Course, Tempe, First race at 7:15am
22	23 6am, Freestone Park	24 4:30pm-6:15pm, School-weight room	25 No practice-run on own (coach has work function)	26 4:30pm-6:15pm, School-weight room	27 Nike Desert Twilight Race, Casa Grande, Time TBD (night race)	28 No practice
29	30 6am, School					

October

2019

Arete HS Cross Country (subject to change)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 4:30pm-6:15pm, School-weight room	2 6am, School	3 4:30pm-6:15pm, School-weight room	4 No practice-run on your own	5 Glendale Showcase Invite, Glendale Hero's Reginal Park, Time TBD
6	7 Fall Break-TBD	8 Fall Break-TBD	9 Fall Break-TBD	10 Fall Break-TBD	11 Titan Invite, Crossroads Park, Gilbert, Time TBD	12 7am, Trail Run, Location TBD
13	14 6am, School	15 4:30pm-6:15pm, School-weight room	16 6am, Freestone Park	17 4:30pm-6:15pm, School-weight room	18 No Practice	19 7am, Location TBD
20	21 6am, Freestone Park	22 4:30pm-6:15pm, School-weight room	23 6am, School	24 4:30pm-6:15pm, School-weight room	25 No Practice (coach out of town)	26 No practice (coach out of town)
27	28 6am, School	29 4:30pm-6:15pm, School-weight room	30 Tempe Prep Invite, Mountain Vista Park, Phoenix, 4pm	31 Halloween-No practice (eat candy)		

November

2019

Arete HS Cross Country (subject to change)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 Track Workout-gam, Mesquite HS Track, Gilbert
3	4 6am, School	5 4:30pm-6:15pm, School- weight room	6 4:30pm-5:30pm, School	7 No practice-run on own- Team Pasta Dinner (location and time TBD)	8 Sectionals, Crossroads Park, Gilbert, 10am	9 No Practice
10	11 Veterans Day-No School Practice at Crossroads Park, gam	12 4:30pm-6:15pm, School- weight room	13 4:30pm-5:30pm, School	14 4:30pm-5:30pm, School	15 No practice-run on own	16 State Meet, Cave Creek Golf Course, Phoenix, gam
17	18	19	20	21	22	23 NXR Southwest Reginal Championships, Casa Grande (optional-must pay own registration)
24	25	26	27	28	29	30



ARETE HIGH SCHOOL 2019



CROSS COUNTY RACE SCHEDULE

- **Friday August 23rd, 6:00pm** (Preseason voluntary race-athlete responsible for registration): Summer Nights 3-mile run, Lone Tree Golf Course, Chandler
- **Saturday September 7th, Morning race** (Time to be determined): Peaks Invite XC 5k, Buffalo Park, Flagstaff
- **Saturday September 14th, Morning race** (Time to be determined): Fountain Hills Invite 5k, Fountain Park, Fountain Hills
- **Saturday September 21st, First race at 7:15am**: Doug Conley Invite 5k, Shalimar Country Club, Tempe
- **Friday September 27th, First race at 4pm and last race at 9:25pm**: Nike Desert Twilight 5k, Casa Grande Sports Academy, Casa Grande
- **Saturday October 5th, First race at 8am**: Glendale Showcase 5k, Glendale Heroes Reginal Park, Glendale
- **Friday October 11th, First race at 10:30am**: Titan Invite 5k, Crossroads Park, Gilbert
- **Wednesday October 30th, First race at 4:45pm**: Tempe Prep Cross Country Invite 5k, Mountain Vista Park, Phoenix
- **Friday November 8th, First race at 10:00am**: Division 4 Sectionals 5k, Crossroads Park, Gilbert
- **Saturday November 16th, First race at 9:00am**: Division 4 State Meet 5k, Cave Creek Golf Course, Phoenix
- **Saturday November 23rd, First race at 8am and last race at 11:30am** (Post-season voluntary race-athlete responsible for registration): Nike XC Regionals Southwest (NXR) 5k, Casa Grande Sports Academy, Casa Grande



ARETE HS XC DAY CAMP

PRESCOTT

SATURDAY AUGUST 17TH

A fun day of running, hiking, kayaking, and hanging out up in the cool pines in Prescott.

DETAILS:

- Meet at the school at 5am. Load into as many vehicles as we have available to head up to Prescott.
- Arrive in Prescott by 7am: Long trail run at Lynx Lake in Prescott
- After the run head into town to get breakfast (Prescott Gateway Mall)
- Back to Lynx Lake for hiking, kayaking, hanging out in nature, etc..
- Around mid-afternoon head to downtown Prescott. Walk around and early dinner
- Depart Prescott by 5pm or earlier
- Back to Arete no later than 7pm

(Family is welcome to attend-the Whitehead's have offered to drive their van which can seat several runners and I will be driving my truck so I can transport kayaks, but we will likely need at least one or two more vehicle so if any parents are willing to help out that would be great-the more the merrier!!!)

Since this is all day event this is not a mandatory practice, but you are highly encouraged to attend.



*The Hamilton High School Cross Country
Team proudly presents . . .*



The 3rd Annual
Summer Nights 3 Mile Run/Walk
at Lone Tree Golf Course

Friday August 23, 2019 7:00 PM

6262 South Mountain Boulevard (corner of Riggs & Gilbert) - Chandler, Arizona

The Summer Nights 3 mile Run/Walk is a Chandler community event for the whole family, whether you are a runner or a spectator. The event is also a fundraiser supporting the Hamilton High School Girls & Boys Cross Country programs. Post race, the team will raffle and award prizes.

Registration Options

- ♦ Register Online through at runsignup.com – "Summer Nights at Lone Tree"; entry fee **\$25 through August 20, 2019 and \$30 thereafter.**
- ♦ On-site registration on race day must be complete by 6:30 p.m. Race day entry fee is **\$30 with no guarantee of a shirt or a specific shirt size.**

Race Packet Pick up

5:00 - 6:30 p.m. on race day only, **August 23, 2019**, at Lone Tree Golf Course by the Golf Shop.

Raffle & Silent Auction

Thanks to our amazing sponsors, we will have some great raffle prizes and silent auction items! Plan to purchase raffle tickets the night of the race, and participate in the silent auction as well!

Age Group/Awards

Cadence Running Company will provide a certificate for a free pair of shoes to be given to the overall male and female winners. Medals will be presented to the top 2 male and female runners in each age category below:

10 & under 11-14 15-20 21-30 31-40 41-50 51+

Certificates are presented to the third place male and female runner in each of the above categories.

Race Course

The Run/Walk take places on the Lone Tree Golf Course. The course consists of 2 loops equaling 3 miles.

Safety

- ♦ No bicycles, skateboards, inline skates, roller skates, scooters or pets allowed.
- ♦ Baby joggers, wagons and strollers are permitted. Note that part of the course is on a dirt path.
- ♦ Participants must stay on the designated course.

Cancellations/Refunds

Summer Nights 3 mile Run/Walk reserves the right to cancel the race in the event of weather that would be dangerous to race participants. In the event the race is cancelled, no refunds will be issued.

Please direct questions to Coach Scott Moomaw @ 480-522-9191 | coachsmoomaw@gmail.com

Thank You for Your Support!