



Cross Country Season Schedule

Friday August 25 th :	Practice Meet - STA, Hammond
Saturday September 2 nd :	Bayou Boogie - Highland Park, Baton Rouge
Saturday September 9 th :	Round Table Run - Highland Park, Baton Rouge
Friday September 15 th :	BSN Sports - STA, Hammond
Saturday September 23 rd :	Mount Carmel Cub Run - City Park, New Orleans
Saturday September 30 th :	St. Joseph's Academy Invitational - Highland Park, Baton Rouge
Saturday October 7 th :	Carver Invitational - City Park, New Orleans
Saturday October 14 th :	Pre-State – NSU, Natchitoches or Randy Zell - City Park, New Orleans
Saturday October 21 st :	Schommer/Harrier Invitational - City Park, New Orleans
Thursday October 26 th :	Catholic League Championships - City Park, New Orleans
Friday November 3 rd :	Regional Qualifier - City Park, New Orleans
Monday November 11 th :	**MUST QUALIFY** STATE Meet - NSU, Natchitoches

XC Winning Tradition

STATE CHAMPIONS

1996

DISTRICT CHAMPIONS

1996, 2001

Your mind can make you train, your body can create power, but only your heart can make you a champion.

- Joe Newton -