



# Van Vleck Cross Country 2023



<b>Date:</b>	<b>Meet:</b>	<b>Division</b>	<b>Location:</b>	<b>Time:</b>
<b>Aug. 11th</b>	<b>Pearland</b>	<b>HS</b>	<b>Pearland Dawson HS</b>	<b>TBA</b>
<b>Aug 18th</b>	<b>Sealy</b>	<b>HS</b>	<b>Sealy HS</b>	
<b>August 26th</b>	<b>Brazos</b>	<b>HS/JR</b>	<b>Brazos High School</b>	8:00 a.m. VG 8:30 a.m. VB 9:00 a.m. JVG 9:30 a.m. JVB 10:00 a.m. JHG 10:30 a.m. JHB
<b>August 30th</b>	<b>Van Vleck</b>	<b>HS/JR</b>	<b>Nature Center Bay City</b>	8:30 a.m Varsity Girls 9:00 a.m Varsity boys 9:30 a.m JV Girls 10:00 a.m JV boys 4:30 Jr. high Girls 5:00 Jr. High boys
<b>Sept. 9th</b>	<b>Region III XC Preview</b>	<b>HS Jv/Varsity</b>	<b>Sam Houston</b>	<b>TBA</b>
<b>Sept 15</b>	<b>A&amp;M Invitational</b>	<b>Varsity</b>	<b>Texas A&amp;M</b>	
<b>Sept 22</b>	<b>Hoka Invitational</b>		<b>Round Rock</b>	<b>(invite only meet)</b>
<b>Sept. 19</b>	<b>Palacios</b>	<b>jr high</b>	<b>Palacios</b>	<b>4:30</b>
<b>Oct. 5th</b>	<b>Bay City</b>	<b>HS/Jr. High</b>	<b>Oxea</b>	8:30 a.m begin time VG, VB, JVG, JVB
<b>Oct. 12th</b>	<b>District</b>	<b>HS/Jr. High</b>	<b>Brazos</b>	<b>TBA</b>

## FINISH STRONG

**Head Coach: Rebecca Hanson   Asst. Coach: Tammy Cashion   Athletic Director: Shannon Permenter**