

2019 Gateway Cross-Country Schedule

Date	Day	Event	Site	Time
August		(Schedule same for JH through October)		
10	Sat	Warrior 5K Trail Run (Pre-Season)	Ruidoso HS	8:00 AM
13	Tue	1st Day of XC Practice (new time)	GCS	6:15 AM
24	Sat	2K Blast and HS Scrimmage	GCS	8:00 AM
31	Sat	Ft Stanton Invite (Family Day)	Capitan	9:00 AM
September				
14	Sat	NMMI Invitational	Roswell	9:00 AM
21	Sat	Special Training	TBA	TBA
October				
5	Sat	Artesia Invitational	Artesia	9:00 AM
13	Sat	Pecos Valley Invite	Roswell	9:00 AM
26	Sat	Ruidoso Invitational	Ruidoso	10:00 AM
November				
1 or 2	Fri/Sat	DISTRICT MEET	TBD	TBD
9	Sat	STATE CHAMPIONSHIPS	Rio Rancho	G11a & B1p

Stay informed by checking in at:

facebook.com/GCSTRACK

Coach Toles 626-3190

Athletes & Parents – Sign up to receive Team Notices

text @gcsx to the number 81010

If that doesn't work, try texting @gcsx to (575) 613-1148

or go to: remind.com/join/gcsx

NOTES: Workouts will be from 6:15 to 7:30am M-F.

Bring refillable H2O bottles & healthy breakfast to eat after showering and dressing for class

Bring total change of clothes including fresh socks and another pair of shoes

Gym will be open from 6am – 8am until all athletes walk to class