

Van Alstyne High School

Cross Country 2019

8/24-Commerce Tiger Invitational, Commerce, TX
8/29-Gingerbread Jamboree - Camp Copass - Denton, TX
9/7-S&S Ram Run "Fast 5K and Fury 3200" - Sadler, TX
9/14-Gerald Richey Invitational - Region Preview - Jesse Owens Sports Complex
9/28-Denison Invitational - Denison, TX
10/4 (Friday)-[Jesuit XC Invitational-Norbuck Park Dallas, TX](#)
10/10 (Thursday)-[Dustin Rodriguez XC Run- Wylie HS/Founders Park Wylie, TX](#)
Week of 10/13 District-TBA
10/28-[Regional Meet-Jesse Owens Sports Complex - Dallas, TX](#)
11/9-State Meet-Round Rock, TX

Van Alstyne Middle School

Cross Country 2019

8/24-Commerce Tiger Invitational, Commerce, TX
9/7-S&S Ram Run "Fast 5K and Fury 3200" - Sadler, TX
9/28-Denison Invitational - Denison, TX
Week of 10/13 District-TBA

Coach: Russell Best
Athletic Director: Mikeal Miller
Principal: Craig Dennis
Superintendent: Dr. David Brown