2022 Important Buchanan Cross Country Dates

The coaching staff would like to provide you with some dates to help you and your son/daughter with summer vacation planning.

**These are the training opportunities that will be available throughout the summer. The coaches strongly feel that participation in these summer workouts will better enable each athlete to have a successful cross country season.**

* **Summer Practice** begins Saturday June 4, 2022
  + Monday, Wednesday, Friday training runs all summer, meet at Buchanan at 7:00 a.m. (If you are on vacation, run as much as you can)
  + Saturday runs, Woodward Park at 7:00 a.m-9:00am meet at Valley Oak Elementary School
* The best time to take **family vacations** is June –July 12
* **Morro Bay** camp **meeting** will be Wednesday July 13 at 6:30 p.m. in the MPR (parents and athletes must attend to turn in all Morro Bay forms, physical and red cards)
* **Must keep running log and paces to able to attend camp (fitness test may be required to attend) *Fitness must be at a level to handle camp training***
* **Morro Bay Running Camp,** July 25-July 30 cost $400 (includes lodging, food, transportation and camp shirt)
* ***“Run the Race”***Kids Running Camp, Aug 1-5, 7:30-11:00 a.m. (this camp is for grades 4-8, high school athletes are expected to work at the camp)
* **Regular** practice dates Aug 8-12, 6:00 a.m. Aug 9 & 11 will be double days at 6:00am and 3:30
* Athletes must keep online log updated weekly and log mileage that would allow them to attend Morro Bay camp.
* **Official start of practice Aug 1st**

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**Remember: Consistent, committed preparation is the key to success**

[**www.buchananxc.com**](http://www.buchananxc.com)