

5/10/23

# Langham Creek High School Cross Country Schedule 2023

DATE	DAY	EVENT / MEET	LOCATION	Leaving LCHS	Event start TIME
<b>JULY</b>					
10	Monday	* All Paperwork due including Physical, Rank One Website Info, Copy of Birth Certificate, and PAFP Form* <b>Season Starts Today!</b>	Langham Creek HS	<b>NO PRACTICE ON FRIDAYS in JULY</b>	7:00 am
12	Wednesday	Freshman/New member Meet & Greet	Langham Creek HS	"Watermelon Wednesday"	7:00 am
13	Thursday	3 MileTIME TRIAL	Langham Creek HS		
26	Wednesday	Big River- Waterpark Team Event	New Caney, Tx	9:00 am	10:00am
<b>AUGUST</b>					
1	Tuesday	LCHS XC- Parent Meeting Meet the coaches	LCHS-Team Room/Zoom		6:30 pm
2	Wednesday	Cross Country Kick Off-Family Night	LCHS- Stadium		6:00pm
12	Saturday	Cypress XC Relays	Spring Creek Park Tomball, Texas	6:00 am	7:30 am
18	Friday	Frio Friday Night Lights Invite	Sealy High School Sealy, Texas	3:30 pm	6:00 pm
25	Friday	Clear Creek Invitational	Hometown Hero's Park League City, Tx	5:30 am	7:30 am
<b>SEPTEMBER</b>					
3	Saturday	LABOR DAY WEEKEND- No Meet	Recovery Weekend		
8	Friday	Galveston Beach Run Invitational	Galveston Ball HS Galveston, Tx	5:30 am	7:30 am
15	Friday	CFISD Invitational	Spring Creek Park Tomball, Texas	6:00am	7:30 am
22	Friday	Tony Munson Invitational	Liberty, Tx	6:00 am	8:00 am
28	Thursday	Moonlight Madness Invitational	Montgomery HS Montgomery, Tx	3:00pm	6:00 pm
<b>OCTOBER</b>					
5	Thursday	Texas City Dike Run Invitational	Texas City HS Tx City, Tx	6:00am	8:00 am
13	Friday	<b>District 16-6A XC Championship</b>	Spring creek Park Tomball, Tx	5:30 am	7:30 am
23	Monday	Region 2-Regional Finals- TBA	Grand Prairie Tx.	TBA	Travel Sunday
<b>NOVEMBER</b>					
4	Saturday	Texas UIL State Meet Round Rock, TX (Varsity only)	Old Settler's Park	TBA	Travel Friday
16	Thursday	XC Banquet	LCHS-Teaching Theatre	(TENTATIVE)	6:00pm-9:00pm

Head Coach-Girls:  
Contact info:  
Head Coach-Boys:  
Contact info:  
Athletic Trainers:

Bronze Ellison  
[Bronze.ellison@cfisd.net](mailto:Bronze.ellison@cfisd.net)  
Joel Garcia  
[Joel.garcia@cfisd.net](mailto:Joel.garcia@cfisd.net)  
Eric Laughlin



Campus Athletic Director:  
Assistant Athletic Director  
Building Principal:  
Assistant Athletic Trainers:  
Alayshya Hunter

Todd Thompson  
Annette Steward  
Dr. Jose Martinez  
Evelyn Cantu

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