

Vail Ranch Middle School Cross Country Schedule 2023

Day	Date	Event/Location	Time
Wednesday	September 27	Vail Ranch Practice Meet - VRMS	7:00 AM
Open to all Vail Ranch athletes – Team shirts issued to everyone			
Wednesday	October 4	Vail Ranch Invitational	9:00 AM
Open to all Vail Ranch athletes –			
Friday	October 13	Mt SAC Invitational	2:00 PM
No bus for this meet – Top 7: Varsity Boys and Girls only			
Thursday	October 27	Beaumont Invitational	9:00 AM
Bus leaves school at 7:00 AM and returns to VRMS at 1:30 PM – unlimited runners			
Thursday	November 9	Diamond Valley Lake (Aquatic Center)	9:00 AM
Bus leaves school at 7:15 AM and returns to VRMS at 1:30 PM – unlimited runners			
Thursday	November 16	Temecula Valley All-Comers @VRMS	3:30 PM
No bus for this meet – unlimited runners			
Saturday	December 2	Foot Locker West – Mt. SAC	TBA
Optional race for athletes and parents – On-line registration (information to come).			

Welcome to what I believe is the #1 Middle School Cross Country School in the area! 139 (236 is our record) students participated on the Vail Ranch Cross Country team in 2022. Please check the VRMS PE website for additional information regarding Cross Country. **Races are 1.8–2.0 miles long.**

Please return all permission slips to PE Teacher. Priority will be given to students (100) that return their permission slips early and have passing academic/conduct grades.

Donations payable to: Vail Ranch Middle School (please write Cross Country in the memo area) and return to the PE Department with permission slips. Tax ID # and "Thank You" letter will be sent.

Optional Request: Case of water and/or donation per athlete. HELP IS NEEDED TO FUND THIS PROGRAM –  [SignUpGenius https://www.signupgenius.com/go/9040A45ADAB22A1F58-bulldog](https://www.signupgenius.com/go/9040A45ADAB22A1F58-bulldog)

Each runner will be provided a team shirt at no cost, those donating a case of water or donation and returning permission forms will receive their team shirt early. All other runners will receive their shirt on race day! DO NOT DELIVER WATER TO THE FRONT OFFICE – ONLY PE OR LEAVE BY THE BACK GATE.



Thank You, Steve White –PE Teacher swhite@tvusd.us