



2022 SMA Cross Country Practices & Meets

Practices begin in September. Email or call Mr. Danyluk, ddanyluk@smamb.ca or 204-478-6038, to advise of your interest in participating.

September 3 at 10:00 am at Westview (Garbage Hill)

September 6, 7, 8 and 9 at 7:15am at SMA

September 10 at 10:00 am at Westview (Garbage Hill)

September 12, 13, 14, 15 and 16 at 7:15 am at SMA

September 17 at 10:00 am at Westview (Garbage Hill)

September 19, 20, 21, 22 and 23 at 7:15 am at SMA

September 24 at 10:00 am at Westview (Garbage Hill)

September 26, 27, and 29 at 7:15 am at SMA

September 30 Run on your own

October 1 at 10:00 am at Westview (Garbage Hill)

October 4, 5, 6, and 7 at 7:15 am at SMA

October 8 at 10:00 am at Westview (Garbage Hill)

October 9 and/or 10 long easy run or cross train on your own

October 10 Senior team meeting at 12:40 pm

October 12 Leave for Killarney, Manitoba—from St. Paul's High School

Pembina Trails Athletic Association & West Winnipeg Athletic Conference Cross Country Meets

Senior Meet

September 15 at 3:40 pm at Labarrierre Park

Junior Meet

September 19 at 12:45 pm at Labarrierre Park

Senior Meet

September 22 at 3:40 pm at Labarrierre Park

Junior Meet

September 26 at 12:45 pm at Labarrierre Park

Junior Provincial Championship & Senior High Meet

September 28 at 12:00 pm at Labarrierre Park

Junior Meet

October 3 at 12:45 pm at Labarrierre Park

Senior Meet

October 3 at 3:40 pm at Labarrierre Park

MHSAA Provincials

October 12 All Day at Killarney, Manitoba