



2023 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 2 at 10:00 am at Westview (Garbage Hill)

September 5, 6, 7 and 8 at 7:15am at SMA

September 9 at 10:00 am at Westview (Garbage Hill)

September 11, 12, 13, 14 and 15 at 7:15 am at SMA

September 16 at 10:00 am at Westview (Garbage Hill)

September 18, 19, 20, 21 and 22 at 7:15 am at SMA

September 23 at 10:00 am at Westview (Garbage Hill)

September 25, 26, 28 and 29 at 7:15 am at SMA

September 30 at 10:00 am at Westview (Garbage Hill)

October 3, 4, 5, and 6 at 7:15 am at SMA

October 6 Senior team meeting at 12:40 pm

October 7 at 10:00 am at Westview (Garbage Hill)

October 8 and/or 9 long easy run or cross train on your own

October 10 Leave for Asessipi Ski Area (Russell, MB) — from St. Paul's High School

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

Senior Meet

September 14 at 3:40 pm at Labarrierre Park

Junior Meet

September 18 at 12:45 pm at Labarrierre Park

Senior Meet

September 21 at 3:40 pm at Labarrierre Park

Junior Meet

September 25 at 12:45 pm at Labarrierre Park

Junior Provincial Championship & Senior High Meet

September 27 at 12:00 pm at Labarrierre Park

Junior Meet

October 2 at 12:45 pm at Labarrierre Park

Senior Meet

October 2 at 3:40 pm at Labarrierre Park

MHSAA Provincials

October 12 All Day at Asessipi Ski Area (Russell, MB)