



Emery Cross Country Schedule 2023

Date	Meet/Location	Time
Aug. 12	Premier @ Cottonwood Complex	8:15 a.m.
Aug. 19	@ Richfield	9:00 a.m.
Aug. 26	UIAAA Invite @ Spanish Fork Sports Park	8:00 a.m.
Aug. 30	@ Emery	4:00 p.m.
Sept. 1	@ Timpanogos, Lakeside Park, Orem	9:00 a.m.
Sept. 7	Juab @ Canyon Hills Golf Course	5:00 p.m.
Sept. 13	Pre-State @ Regional Athletic Complex	12:00 p.m.
Sept. 20	@ Carbon	4:00 p.m.
Sept. 27	@ Cedar	TBA
Oct. 4	Region @ Carbon	4:00 p.m.
Oct. 10	Divisionals @ Lakeside Park, Orem	1:00 p.m.
Oct. 24	State Championships @ Regional Athletic Complex	TBA