



2023 Lewisville Cross Country Schedule

Run as One – Finish as Family

Date	Meet	Location	Time
Friday - 8/18/23	Friday Night Hawk Invite (2 Miles)	McInnish Park and Sports Complex 2335 Sandy Lake Road Carrollton, Texas 75006	JV Girls 7:30 JV Boys 8:00 VAR Girls 8:20 VAR Boys 8:50
Thursday – 8/24/23	Denton Ryan Gingerbread Jamboree	Camp Copass 8200 E McKinney St, Denton, TX 76208	VAR Girls 7:00 am “Rolling Start” VAR Boys JV Girls JV Boys
Friday – 9/1/23	Fossil Ridge Run of the Panther	Keller Sports Complex 265 Golden Triangle Blvd. Keller, TX 76258	VAR Girls 7:00 am “Rolling Start” VAR Boys JV Girls JV Boys
Thursday – 9/14/23	Haltom Buffalo Stampede at the BUFF	The BUFF 4700 Fossil Creek Parkway Haltom City, TX 76137	
Thursday – 9/21/23	Rick Neill Memorial Run	Lake Park 600 Sandy Beach Rd Lewisville, TX 75057	VAR Girls 8:00 am “Rolling Start” VAR Boys JV Girls JV Boys
Friday – 9/29/23	Ken Gaston “Race at the Lake”	Lynn Creek Park 5700 Lake Ridge Parkway Grand Prairie, TX 75052	VAR Girls 8:00 am “Rolling Start” VAR Boys JV Girls JV Boys
Friday – 10/13/23	District CC Meet	North Lakes Park 2001 W Windsor Denton, TX 76207	TBA
Monday – Tuesday Oct. 23-24, 2023	Regional Meet	Mae Simmons Park 1323 E 24th St Lubbock, TX 79404	TBA
Friday-Saturday Nov. 3-4, 2023	State Meet	Old Settlers Park at Palm Valley 3300 Palm Valley Blvd. Round Rock, TX	TBA

Head Coach: Emmanuel Mallam mallame@lisd.net

Campus Principal: Jim Baker

Athletic Director: Cristie Liles

Assistant Coach: Alex Steimer steimerj@lisd.net

Campus Athletic Coordinator: Michael Odle