

2023 COED Cross-Country Schedule

Guardian Christian Academy

Royal Knights & Lady Royal Knights

Aug. 24	Thurs.	Practice	3:15-4:30	
Aug. 25	Fri.	Practice	3:15-4:30	
Aug. 28	Mon.	Practice	3:15-4:30	
Aug. 29	Tues.	Practice	3:15-4:30	
Aug. 31	Thurs.	Practice	3:15-4:30	
Sept. 1	Fri.	Practice	3:15-4:30	
Sept. 5	Tues.	Richmond Christian Meet	4:00 MS/4:45 V	Away
Sept. 7	Thurs.	Practice	3:15-4:30	
Sept. 8	Fri.	Practice	3:15-4:30	
Sept. 11	Mon.	Williamsburg Christ. Meet	4:00 MS/4:45 V	Away
Sept. 12	Tues.	Practice	3:15-4:30	
Sept. 14	Thurs.	Practice	3:15-4:30	
Sept. 15	Fri.	Practice	3:15-4:30	
Sept. 18	Mon.	Richmond Christian Meet	4:00 MS/4:45 V	Away
Sept. 19	Tues.	Practice	3:15-4:30	
Sept. 21	Thurs.	Practice	3:15-4:30	
Sept. 22	Fri.	Practice	3:15-4:30	
Sept. 25	Mon.	Guardian Christian Meet	4:00 MS/4:45 V	GCA
Sept. 26	Tues.	Practice	3:15-4:30	
Sept. 28	Thurs.	Practice	3:15-4:30	
Sept. 29	Fri.	Practice	3:15-4:30	
Oct. 2	Mon.	Practice	3:15-4:30	
Oct. 3	Tues.	Practice	3:15-4:30	
Oct. 5	Thurs.	Practice	3:15-4:30	
Oct. 6	Fri.	Practice	3:15-4:30	
Oct. 9	Mon.	Williamsburg Christ. Meet	4:00 MS/4:45 V	Away
Oct. 10	Tues.	Practice	3:15-4:30	
Oct. 12	Thurs.	Practice	3:15-4:30	
Oct. 16	Mon.	Guardian Christian Meet	4:00 MS/4:45 V	GCA
Oct. 17	Tues.	Practice	3:15-4:30	
Oct. 19	Thurs.	Practice	3:15-4:30	
Oct. 20	Fri.	Practice	3:15-4:30	
Oct. 24	Tues.	Practice	3:15-4:30	
Oct. 26	Thurs.	Collegiate Invitational	4:00 G/4:45 B	Collegiate
Oct. 27	Fri.	Practice	3:15-4:30	
Oct. 30	Mon.	Practice	3:15-4:30	
Nov. 2	Thurs.	Practice	3:15-4:30	
Nov. 4	Sat.	VMAC Championships	10:00 MS/11:00 V	RCS

PRACTICES ARE ON GCA CAMPUS.

Revised 08/16/23