

2024 COED Cross-Country Schedule

Guardian Christian Academy

Royal Knights & Lady Royal Knights

Date	Day	Opponent	Time	Dismiss	Return	Location
Aug 22	Thurs.	Practice	3:15-4:30			
Aug 23	Fri.	Practice	3:15-4:30			
Aug 26	Mon.	Practice	3:15-4:30			
Aug 27	Tues.	Practice	3:15-4:30			
Aug 29	Thurs.	Practice	3:15-4:30			
Aug 30	Fri.	Practice	3:15-4:30			
Sept 3	Tues.	Practice	3:15-4:30			
Sept 5	Thurs.	Practice	3:15-4:30			
Sept 6	Fri.	Practice (MK)	3:15-4:30			
Sept 9	Mon.	Williamsburg Christian	4:00 MS/4:45 V	2:00	7:00	Away
Sept 10	Tues.	Practice	3:15-4:30			
Sept 12	Thurs.	Practice	3:15-4:30			
Sept 13	Fri.	Practice (MK)	3:15-4:30			
Sept 16	Mon.	Practice	3:15-4:30			
Sept 17	Tues.	Practice	3:15-4:30			
Sept 19	Thurs.	Millwood Meet	4:00 MS/4:45 V	2:45	6:30	Away
Sept. 20	Fri.	Practice (MK)	3:15-4:30			
Sept 23	Mon.	Richmond Christian	4:00 MS/4:45 V	3:15	-----	Away
Sept 24	Tues.	Practice	3:15-4:30			
Sept 26	Thurs.	Practice	3:15-4:30			
Sept 27	Fri.	Practice (MK)	3:15-4:30			
Sept 30	Mon.	Guardian Christian	4:00 MS/4:45 V	2:45	6:30	Home
Oct 1	Tues.	Practice	3:15-4:30			
Oct 3	Thurs.	Practice	3:15-4:30			
Oct 4	Fri.	Practice (MK)	3:15-4:30			
Oct 7	Mon.	Richmond Christian	4:00 MS/4:45 V	2:00	7:00	Away
Oct 10	Thurs.	Practice	3:15-4:30			
Oct 11	Fri.	Practice (MK)	3:15-4:30			
Oct 17	Thurs.	Millwood	4:00 MS/4:45 V	3:15	6:15	Away
Oct 18	Fri.	Practice (MK)	3:15-4:30			
Oct 21	Mon.	Grace (Pole Green Park)	4:45 Varsity only (no transportation)			Away
Oct 22	Tues.	Collegiate School Grades 6-10	4:00 G/4:45 B	2:30	7:00	Away
Oct 24	Thurs.	Practice	3:15-4:30			
Oct 25	Fri.	Practice (MK)	3:15-4:30			
Oct 28	Mon.	Guardian Christian	4:00 MS/4:45 V	2:45	6:30	Home
Oct 29	Tues.	Practice	3:15-4:30			
Nov 1	Fri.	Practice (MK celebration)	3:15-4:30			
Nov 2	Sat.	VMAC Finals	10:00MS/11:00V	-----	-----	RCS
Nov 4	Mon.	Practice	3:15-4:30			
Nov 7	Thurs.	VISAA States	Varsity Only	TBA		Panorama Farms
Nov 12	Tues.	VMAC Elite Meet	4:30 Varsity Only	3:00	5:45	RCS
Nov 14	Thurs.	Tentative Sports Banquet Date	TBD			

All practices are on the GCA Campus

Revised 09/09/24