# OGMS CROSS COUNTRY MEETS 2025

## 2025 5th Annual Bostonia Global H.S. Cross Country Invite

**Date: Wednesday, October 15 th .**
**Place: 1221 S. Emerald Ave, El Cajon**
**Approx. Schedule: Time Grade Distance**

- **3:30 6th girls 1.2 miles**
- **3:50 6th boys 1.2 miles**
- **4:05 7th girls 1.2 miles**
- **4:20 7th boys 1.2 miles**
- **4:35 8th girls 1.8 miles**
- **4:50 8th boys 1.8 miles**

The course will be well marked with chalk/spray paint. There will be a volunteer(s) (maybe) on the course directing students where to go, so they will not get lost. 6 th and 7 th Graders will be running 2 equal laps. 8 th graders will be running 3 equal laps. Coaches, please bring your own labels. We will try and get the first race off at approximately 3:30 PM. Once each race concludes, we will start the next one.

## Annual Hillsdale Cross Country Invite

**Date: Wednesday, October 22 nd .**
**Place: 1301 Brabham St, El Cajon, CA 92019**
**Approx. Schedule:**

- **3:30 6th girls 1.0 miles**
- **3:50 6th boys 1.0 miles**
- **4:05 7th girls 1.5 miles**
- **4:20 7th boys 1.5 miles**
- **4:35 8th girls 1.5 miles**
- **4:50 8th boys 1.5 miles**

The course will be well marked with chalk/spray paint. There will be a volunteer(s) on the course directing students where to go, so they will not get lost. 6 th and 7 th Graders will be running 2 equal laps. 8 th graders will be running 2 equal laps of a different course. We will try and get the first race off at approximately 3:30 PM. Once each race concludes, we will start the next one.

## 19th Annual Los Coches Creek Wildcats Cross Country Championships

Date: Wednesday, October 29, 2025

Time: 3:30 – 5:30

Place: Los Coches Creek Middle School
9669 Dunbar Ln, El Cajon, CA 92021

| Schedule: | Time | Grade | Distance |
|---|---|---|---|
| | **3:45** | **6th Girls** | **1 mile** |
| | **3:55** | **6th Boys** | **1 mile** |
| | **4:05** | **7th Girls** | **1.5 miles** |
| | **4:15** | **7th Boys** | **1.5 miles** |
| | **4:25** | **8th Girls** | **1.5 miles** |
| | **4:45** | **8th Boys** | **1.5 miles** |

Course: The course will be using both upper and lower fields and finishing on the track