



# 2019 Rio Americano CROSS COUNTRY

## Team info:

Please go to our website [riotrackxc.com](http://riotrackxc.com) for all info pertaining to cross country and track and field. You can also sign up for our email communication on our website.

## Summer Schedule:

Please note students interested in competing for a spot on the varsity boys and girls team must attend majority of summer conditioning. Students must already be enrolled at Rio Americano in order to participate in summer running.

Summer running will begin on **June 17th Rio Americano High School**. Coach Anton will host every Monday, Wednesday, Friday practice from 6-7:00pm for the month of June. Once July starts we will be moving our practices to **Ancil Hoffman Park** Monday, Tuesday, Wednesday, and Thursday 6-7:30pm (6700 Tarshes dr. Carmichael, Ca 95608).

## 2019 Season Race Schedule:

Sat, Aug 31 Oakmont Invitational  
Sat, Sept 7 Lagoon Valley Classic  
Sat, Sept 14 Josh Ruff Memorial Invitational  
Thurs-Sun, Sept 19-22 Woodbridge High School Cross Country Classic Norco Ca.  
Sat, Sept 28 Capital Cross Challenge  
Wed, Oct 16 Cal Center Meet  
Thurs, Oct 31 Cal Finals  
Sat, Nov 9 Cif Sub Sections  
Sat, Nov 16 Cif Section Champs  
Cif State Meet TBD



Coaches contact info:  
Cross country/ Track-Distance  
Anton Escay  
916 801-8110 cell  
[antonescay@hotmail.com](mailto:antonescay@hotmail.com)

Thank you for choosing Rio!!!!