

**The meet schedule for the USATF National Junior Olympics Cross Country Championships. All times are Eastern Standard Time.**

9:00-7 & 8 Girls

9:30-7 & 8 Boys

10:00-9 & 10 Girls

10:30-9 & 10 Boys

11:00-11 & 12 Girls

11:30-11 & 12 Boys

12:30-13 & 14 Girls

1:15-13 & 14 Boys

2:00-15-18 Girls

2:45-15-18 Boys