



2023 ASD Cross Country Schedule

All meets begin at 5:00 p.m. Please check your transportation and let the host school know if there are any problems arriving on time.

Host Team	Visiting Teams
Week 1 - Wednesday, Sep 6	
American Fork Jr	Lakeridge, PG Jr., Lehi Jr.
Viewpoint	Canyon View, Oak Canyon, Orem Jr, Lake Mountain, American Heritage
Timberline	Frontier Middle, Willowcreek, Vista Heights, Mountain Ridge
Week 2 - Wednesday, Sep 13	
Lakeridge	Vista Heights, Frontier Middle, Viewpoint
Canyon View	Lehi Jr., Orem Jr, PG Jr., Mountain Ridge, American Heritage
Oak Canyon	Lake Mountain, Timberline, American Fork Jr, Willowcreek
Week 3 - Wednesday Sep 20	
Orem Jr	American Fork Jr, Willowcreek, Canyon View, Lakeridge
Lehi Jr.	Timberline, Frontier Middle, Viewpoint, PG Jr.
Vista Heights	Oak Canyon, Lake Mountain, American Heritage, Mountain Ridge
Week 4 - Wednesday, Sep 27	
Frontier Middle	Lakeridge, Oak Canyon, American Fork Jr, Mountain Ridge
PG Jr.	Lehi Jr., Orem Jr, Vista Heights, Willowcreek
American Heritage	Timberline, Viewpoint, Lake Mountain, Canyon View
Championship Meet - @ Hosted by American Fork Jr. @ Art Dye Park - Oct 4, 2023	

Notes:

1. Teams not hosting: **Lake Mountain, Willowcreek, Mountain Ridge**