

## **SPHS Cross Country Schedule 2023-24**

<b>Date</b>	<b>Day/ Time</b>	<b>Site</b>	<b>Teams/ Event</b>
August 22	Tuesday/ 6:00pm	Kings Mountain	KM - Pre-season 2 miler scrimmage
August 29	Tuesday/ 4:45pm	Forestview	Multi Meet
September 6	Tuesday/ 6:30pm	Ashbrook	Luminary Run
September 12	Tuesday/ 5:00pm	Forestview	Gaston County Championship
September 20	Tuesday/ 4:45pm	Shelby	Shelby Invitational
September 27	Tuesday/ 4:45pm	York	York
October 3	Tuesday/ 4:45pm	Huss	Huss
October 12	Thursday/ 4:45pm	York	York Invitational
October 18	Tuesday/ 4:45pm	Ashbrook	Big South 3A Conference Championship
October 29	Saturday	Freedom HS	3A Regional Meet
November 5	Saturday	Kernersville	3A State Meet

**Head Coach:** Kay Ziemer