



### **Cross Country Meet Schedule**

Aug 7: Open run, Freedom Park, Valdosta 6pm

Aug 19: Sherwood Around the Cross Invitational, Sherwood Christian Academy, Albany 8:30am

Aug 31: Yellow Jacket XC Invitational, Thomasville, Time TB

Sept 4: Labor Day 5k, VSU basketball complex, Valdosta, 7am \*\*OPTIONAL for all ages

Sept 9: Blake Smith Invitational, Coffee Middle School, 8am (middle and high school only)

Sept 23: Cook Hornet Invitational, Cook High School, Adel 7am

Sept 26: South GA Middle School XC Invitational, Thomas County Middle School, Thomasville, 4:30pm (middle school only)

Oct 12: Ware County 4:30pm