

SOUTH ROWAN HIGH SCHOOL

2023 CROSS COUNTRY

Date	Day	Opponents	Site	Time
7/30-8/1	Sun - Tues	<i>XC Camp - Boone, NC</i>		
8/1	Thursday	1st Official Day of Practice		
8/16	Wednesday	Pre-County Meet	Dan Nicholas Park (host SRHS)	5:00 pm - Boys 5:30 pm - Girls 6:00 pm - JV Co-Ed
8/26	Saturday	Providence Invitational	McAlpine Park, Charlotte, NC	8:00 - 11:00 am
8/31	Thursday	Pre-Conference Meet	Frank Liske Park Concord, NC	5:00 pm - Boys 5:45 pm - Girls
9/8	Friday	Friday Night Lights	Ivey Redmon Park 788 Beeson Rd. Kernersville, NC 27284	8:27 pm - Var Girls 8:52 pm - Var Boys
9/16	Saturday	Adidas XC Challenge	Cary, NC	8:00 -11:00 am
9/27 or 28	Thursday	SPC Meet	Salisbury Comm Park (host SRHS)	5:00 pm - Boys 5:45 pm - Girls
10/7	Saturday	Wendy's Invitational	McAlpine Park, Charlotte, NC	11:00 am - Var Girls 11:30 am - Var Boys
10/12	Thursday	Rowan Country Championship	Dan Nicholas Park (host ??)	4:30 pm - JV Co-ed 5:00 pm - Var Boys 5:30 pm - Var Girls
10/19	Thursday	SPC Championship	Frank Liske Park Concord, NC	4:45 pm - JV Co-ed 5:30 - Var Boys 6:00 - Var Girls
10/28	Saturday	3A Midwest Regionals	Salisbury Comm Park (host Oak Grove)	TBA
11/4	Saturday	3A NCHSAA State Championship	Ivey Redmon Park 788 Beeson Rd. Kernersville, NC 27284	TBA