

2019 Cross Country Schedule

Month	Date	School	HOME/away	Time
Aug.	20	Smithfield High School	away	6:30/7
	29	Norfolk Academy	away	4:00
Sep.	5	Bishop Sullivan Invt. (Mt. Trashmore)	away	4/4:30/5
	12	Kenston Forest School	away	4:30
	19	IWA (Windsor Castle)	HOME	4:30
	21	Walsingham Inv. (Eastern State Hospital)	away	8:00
	26	Banner Christian	away	4:30
	28	Broadwater	Away	8:00
Oct.	3	Brunswick Academy	away	4:30
	5	Airfield 5K (Wakefield)	away	10:00
	10	Southampton Academy	away	4:30
	12	Smithfield Hog Jog (optional)	HOME	8:00
	17	Banner Christian	away	4:30
	19	Milestat Inv.	Away	TBD
	24	VCC Tournament-Kenston Forest	away	4:00
	28	METRO Tournament (WCP)	HOME	4:00
Nov	7	State championship - Pole Green Park - Mechanicsville	Away	3:00/4:00
	28	Ian Burgett Mem.(optional)	away	8:00

Head Coach: Margarita Castillo

Assist Coach: Jennifer Riddick