

South Caldwell Cross Country

2023 Cross Country Schedule

Day	Date	Race	Distance	Host
Mon	July 31	First Day of Practice		Local Venue(s)
Sat	August 5	Practice Trip to Wilsons Creek		Collettsville
Mon	August 7	Team Mile Time Trial	1M	Local Venue(s)
Mon	August 14	SCHS (1.5 mile) (7pm start)	1.5M	SCHS
Sat	August 19	Pioneer Clash of the Classes	2M	Watauga
Wed	August 23	Conference Relays (mile repeats)	1.5M	Alexander
Sat	August 26	WNC Carnival	5K	Hendersonville
Wed	August 30	SCHS (2 mile)	1.5	Watauga
Fri	September 1	Practice Trip to Hibriten Mountain		Lenoir
Wed	September 6	Pre Conference	5K	Freedom
Sat	September 16	Practice Trip to Hibriten Mountain		Lenoir
Sat	September 23	Freedom Invitational	5K	Freedom
Wed	September 27	County Championship	5K	Lenoir
Wed	October 4	South Caldwell, Hibriten, Freedom	5K	Freedom
Wed	October 12	Practice Trip to Lenoir Soccer Complex		Lenoir Soc Complex
Mon	October 17	Team Dinner		TBA
Wed	October 19	NW 3A/4A Conference Championships	5K	Freedom
Sat	October 28	4A West Regional	5K	Charlotte
Sat	November 4	NCHSAA State Championships	5K	Kernersville

Notes:

- Weekday meets start at 4:30pm, or as announced by host team.
- Conference Championship Meet starts at 4:30pm.

Parents:

- Please give space pre-race for team members to prepare.
- Spectators are welcome at all events. Follow any policies of host school.