

# South Caldwell Cross Country

## 2023 Cross Country Schedule

<b>Day</b>	<b>Date</b>	<b>Race</b>	<b>Distance</b>	<b>Host</b>
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	<b>Pioneer Clash of the Classes</b>	2M	Watauga
Wed	August 23	Conference Relays (mile repeats)	1.5M	Alexander
Sat	August 26	<b>WNC Carnival</b>	5K	Hendersonville
Tues	August 29	Watauga, Hib, SC (2 mile)	2M	Watauga
	<i>* changed from original date of Aug 30</i>			
Fri	September 1	Practice Trip to Hibriten Mountain		Lenoir
Wed	September 6	Pre Conference	5K	Freedom
Sat	September 16	Practice Trip to Lenoir Soccer Complex		Lenoir
<b>Sat</b>	<b>September 23</b>	<b>Freedom Invitational</b>	<b>5K</b>	<b>Freedom</b>
Wed	September 27	County Championship	5K	Lenoir
Wed	October 4	South Caldwell, Hibriten, Freedom	5K	Freedom
Wed	October 11	Practice Trip to Lenoir Soccer Complex		Lenoir Soc Complex
Mon	October 16	Team Dinner		TBA
Wed	October 18	<b>NW 3A/4A Conference Championships</b>	5K	Freedom
Sat	October 28	<b>4A West Regional</b>	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.