

## SPHS Cross Country Schedule 2024-25

Date	Day/ Time	Site	Teams/ Event
August 20	Tuesday/ 6:00pm	Shelby	KM - Pre-season 2 miler scrimmage
August 27	Tuesday/ 4:30pm	Forestview	Multi Meet
September 3	Tuesday/ 6:00pm	Ashbrook	Pre-Conference Meet
September 10	Tuesday/ 4:30pm	Forestview	Gaston County Championship
September 19	Thursday/ TBD	York	York Meet #2
September 24	Tuesday/ 4:30pm	Shelby	Shelby Invitational
October 1	Tuesday/ 4:30pm	Huss	Huss
October 10	Thursday/ TBD	York	York Meet #3
October 15	Tuesday/ 4:30pm	Ashbrook	Big South 3A Conference Championship
October 26	Saturday	Freedom HS	3A Regional Meet
November 2	Saturday	TBD	3A State Meet

**Head Coach:** Jannie Sadler