



## SPHS Cross Country Schedule 2025-26

Date	Day/ Time	Site	Teams/ Event
August 26	Tuesday/ 6:30pm	Cleveland Community College	2 Mile Scrimmage
September 2	Tuesday/ 6:30pm	Ashbrook	Ashbrook Home Meet
September 9	Tuesday/ 6:30pm	Forestview	Forestview Home Meet
September 20	Saturday	Freedom	Freedom Invitational
September 25	Thursday	York	York Meet
September 30	Tuesday/ 4:30 pm	Huss	Huss Home Meet
October 7	Tuesday/ 4:30 pm	Forestview	Gaston County Championship
October 14	Tuesday/ 4:30 pm	Ashbrook	Big South 3A Conference Championship
October 25	Saturday	TBD	5A Regional Meet
November 1	Saturday	TBD	5A State Meet

**Head Coach:** Jannie Sadler