

J-HIGH CROSS COUNTRY MEET SCHEDULE 2015

Date	Event	Location	Time
Sat Aug 22	Knight Night Relays	Preston HS, Kingwood, WV	8:00 pm
Wed Aug 26	Cougar Classic	Sam Michaels Park	5:00 pm
Sat Aug 29	Introduction to Maryland Hts	Harpers Ferry MS	8:00am
Wed Sept 2	Meet w/ Hedgesville	Hedgesville HS	5:00pm
Sat Sept 5	Packhorse Ford River Run/Crossing	Shepherdstown C&O	9:00am
Wed Sept 9	Meet w/ Musselman	Poor House Farm	5:00pm
Sat Sept 12	Forrest Festival	Elkins, WV	TBA
Sat Sept 19	Oatlands Invitational	Leesburg, VA	TBA
Sat Sept 26	Long Run	Harpers Ferry to Shepherdstown	8:00am
Sat Oct 3	Buffalo Wild Wings	Hampshire HS	
Sat Oct 10	Freedoms Run Volunteer	Shepherdstown C&O	
Wed Oct 7	County Meet (Senior Night)	Sam Michaels Park	5:00pm
Wed Oct 14	EPAC	Poor House Farm	
Thurs Oct 22	Region II AAA Championship	Elkins, WV	
Sat Oct 31	WV State XC Meet	Cabel Midland Ona, WV	