

# Frankfort High School

## 2019 Boys & Girls Cross-Country Schedule

Boys' Head Coach:

Juan Phillips

Asst. Joe Dalonges



Girls' Head Coach

Woody Snoberger

Asst. Shay Jacobs

<u>Day</u>	<u>Date</u>	<u>Opponent</u>	<u>Location</u>	<u>Time</u>	
				<u>Meet</u>	<u>Depart</u>
Start of Practice August 5 <sup>th</sup>					
Sat.	Aug. 17 <sup>th</sup>	Intersquad-Alumi Meet	@Home	8:30am	Home
Tues.	Aug. 27 <sup>th</sup>	Keyser Dual Meet	@Keyser	4:30pm	2:40pm
Sat.	Aug. 31 <sup>st</sup>	Bear Mt. River Run	@Lock Haven U, PA	11:00am	6:30am
Sat.	Sept. 14 <sup>th</sup>	The S & S Electric, Inc,-Frankfort Invite	@Home	10:00am	Home
Tues.	Sept. 17 <sup>th</sup>	Broadford Invite (JV)	@Broadford Lake Park, Oakland, MD	4:00pm	1:30pm
Sat.	Sept. 21 <sup>st</sup>	Bearcat Classic Invite	@West Taylor Elementary	9:00am	5:30am
Tues.	Sept. 24 <sup>th</sup>	Allegany Invite	@Allegany College of MD	4:00pm	2:30pm
Sat.	Sept. 28 <sup>th</sup>	Carlisle Invite	@Carlisle, PA	9:15am	5:30am
Sat.	Oct. 5 <sup>th</sup>	Buffalo Wild Wings Invite (JV)	@Hampshire	11:00am	8:30am
Thurs.	Oct. 10 <sup>th</sup>	Cumberland Area Meet	@Keyser	4:00pm	2:00pm
Tues.	Oct. 15 <sup>th</sup>	PVC	@Cacapon State Park	3:30pm	1:00pm
Thurs.	Oct. 24 <sup>th</sup>	Region I A/AA Meet	@Grafton H.S.	TBA	11:00am
Sat.	Nov. 2 <sup>nd</sup>	WV State Meet	@Cabell Midland H.S.	1:00pm	8:30am

(\*all times subject to change)

\*\*\*\*(Friday Overnight)\*\*\*\*

## Directions to Meets From Frankfort High School:

8/27 & 10/10

### Dual Meet & Cumberland Area Meet- (Keyser High School)

Turn left on WV Route 28 South for ¼ of a mile. Make right onto WV Route 956 for 4.7 miles.  
Make left onto US220 south. Take US220 for 12 miles.  
Make right at first light **past** Wal-mart.  
Take Road for 2 miles then make left onto One Tornado Way.  
Follow road to the right to back parking lot.

Trip = 18 miles and 25 min

8/31

### Bear Mountain Invite- (Lock Haven University, PA)

Take WV- Route 28 N toward Cumberland and get onto I-68 East.- 10.8 miles  
Take exit #46/BEDFORD toward Bedford and turn left at stop sign.- 0.1 miles  
Turn Left onto US-220 going over I-68.- go 30.0 miles  
Continue straight on I-99 N- go 86 miles  
Merge from I-99 to I-80 East and stay on I-80E for 17.5 miles  
Take Exit 178 for US 220N toward Lock Haven and turn left on US220N. -7.5 miles  
Take Exit 111 toward Lock Haven/PA-120W -0.2 miles  
Turn left onto Paul Mack Blvd for 0.7 miles and continue straight onto N. Jay St. for 0.4 miles.  
Go over the bridge and river and turn left onto Farrandsville road over the bridge -1.1 miles  
Turn left onto Havenview drive 0.4 miles and turn left onto East Havenview drive destination on left.

Trip = 155 miles and 2hr 45min

9/17

### Broadford Invite- (Broadford Lake Park, Oakland, MD)

Turn Left on WV-Route 28 S and go ¼ of a mile. Turn Right on WV-956 - go 4.7 miles  
Turn Left on US-220 - go 10.4 miles  
Bear Left on CROOKS AVE toward MD-135 - go 0.81 miles  
Turn Right on MD-135 (Stay on MD135 which goes left at light)- go 27.4 miles  
Take Right on Broadford Road. (Road after Sand Flat Rd.) 2.4 miles  
Take Left onto Pittsburgh ave toward the Broadford Lake Park.  
Take Left into Park. Park in lower parking lot.

Trip = 48 miles and 1hr 15min

9/21 & 10/24

### Bearcat Classic Invite & Regionals Host Grafton H.S.- (West Taylor Elementary School, Flemington, WV)

Take WV-Route 28 N toward Cumberland for 11 miles.  
Get onto I-68 West to Morgantown and Merge onto I-79. (75 miles)  
Take I-79 South to exit 124 Jerry Dove. (21 miles)  
Take a left on WV279 east/connection to US50 toward Grafton. (4 miles)  
At T-intersection, take a left for US 50 East toward Grafton. (6 miles)  
Make a left on Meadland Road. **(Small sign and small farm road.) (Go 1-mile)**  
Turn right and cross the bridge. The school is at the top of the hill. Bus parking will be in the front of the school at bus turnaround and parents can park in the back.

Trip = 118 miles and 2hr 20min

9/24

### Allegany Invitational- (Allegany College of MD)

Take WV Route 28 toward Cumberland for 11 miles. Take I-68 East for 1 mile. Take Exit #44 and make a right.  
Follow Willowbrook Road for 1.5 miles and make left into Allegany College of MD. Make right into parking lot.

Trip = 15 miles and 20 min

9/28

### Carlisle (PUMA) Invitational- (Carlisle H.S., Carlisle, PA)

Take WV- Route 28 N toward Cumberland and get onto I-68 East.- 36.6 miles  
Continue Straight on I-70 East – 24 miles  
Take Exit #26/I-81N Toward PA  
Stay on I-81 North- 54.5 miles  
Take Exit 45 toward College St. – 0.1 miles  
Turn Left onto Walnut Bottom Road. -0.3 miles  
Turn Left onto Belvedere St. -1.0 miles  
Turn Left onto W. High St. – 0.1 miles  
Turn Right onto N. Orange St and stay straight. – 0.3 miles  
Turn Right onto W. Penn St. -0.1 miles

Trip = 127 miles and 2 hr 15min

10/12

### Buffalo Wild Wings Invite- (Hampshire High School)

Take WV Route 28 South for 20 miles. Take Left at light onto US 50 East.  
Follow US50 for 5 miles. Make right to high school and park in the back near stadium.

Trip = 32 miles and 45 min

10/15

PVC- (Cacapon State Park, Berkeley Springs, WV)

Take WV Route 28 toward Cumberland- 11miles.

Take I-68 East -36.7miles.

Take Exit US 522 south toward Hancock.

Stay on US 522 through Berkeley Springs for 16.2miles.

Cacapon State Park resort on the right. Enter gates and stay to the right at split for the visitor center.

Trip = 70 miles and 1hr 20min

11/02

WV State Meet- (Cabell Midland High School)

Take WV-Route 28 N toward Cumberland for 11miles.

Get onto I-68 West for 75.1miles. Then Take I-79 South for 148.3miles.

Take the CHARLESTON (I-64) exit onto I-77 S - go 2.2 miles.

Take Right fork onto I-64 W toward HUNTINGTON - go 31.1 miles.

Take exit #28/MILTON (US-60) - go 0.3 miles

Turn Left on MASON RD(CR-13) toward MILTON - go 0.4 miles.

Turn Right on US-60 - go 4.6 miles.

Arrive at Cabell-Midland High School on the Right

Trip = 280 miles and 5hr 30min