



Schedule 2019

<u>Date</u>	<u>Time</u>	<u>Name of Meet</u>	<u>Location</u>
Sat. August 24	8:30 pm	Knight Night Relays	Preston HS, Kingwood, WV
*Sat. August 31	7:20 pm	St. Mary's Invitational	Cabell Midland HS, Ona, WV
Sat. Sept 7	9:00 am	Red, White & Blue Invitational	Schenley Park, Pittsburgh, PA
Sat. Sept 21	11:00 am	Wheeling Park Fall Classic	Wheeling Park HS, Wheeling WV
Sat. Oct 5	10:00 am	OVAC Championships	Cambridge HS, Cambridge, OH
Sat. Oct 12	11:20 am	Manhattan CC Invitational	Van Cortlandt Park, Bronx, NY
Thurs. Oct 24	4:30 pm	Region 1 Championship **	University HS, Morgantown, WV
*Sat. Nov. 2	10:00 am	State Championships **	Cabell Midland HS, Ona, WV
***Sat. Nov 30	11:10 am	Nike Cross Regionals (NXRSE)	WakeMed Park, Cary, NC

* Overnight Trip

** Only Varsity will/can compete

***Nike Cross Regional Southeast (NXRSE) is optional and is not a WVSSAC stationed event or official MHS competition.