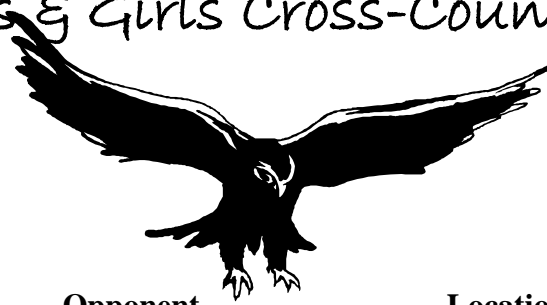


# Frankfort High School

## 2022 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>Meet</u>	<u>Time</u>	<u>Depart</u>
<b>Start of Practice Monday, August 1<sup>st</sup></b>						
Sat.	Aug. 13 <sup>th</sup>	Intersquad-Alumni Run & Delaney's Dream 5K	@Carpendale, WV	9:00am		XXXX
Tues.	Aug. 23 <sup>rd</sup>	Tri meet vs. Keyser & Tucker <i>(Team Depth Builder)</i>	@Keyser H.S.	4:30pm		2:00pm <i>(Boys/Girls Combined)</i>
		University Invite <i>(Top 8 Only)</i>	@University H.S. Morgantown	4:30pm		2:30pm
Sat.	Sept. 3 <sup>rd</sup>	Bear Mt. Invite	@Lock Haven U	10:30am		6:00am
Sat.	Sept. 10 <sup>th</sup>	Frankfort Invite <i>Sponsored by WVU-Medicine Potomac Valley Hospital</i>	@Home	10:00am		Home
Tues.	Sept. 13 <sup>th</sup>	Broadford Invite <i>(Team Depth Builder)</i>	@Broadford Lake Park, Oakland, MD	4:00pm		1:30pm
Sat.	Sept. 17 <sup>th</sup>	Adidas XC Challenge	@WakeMed Soccer Complex, Cary, NC	8:00am		8:30am(Friday) *****(Friday Overnight)*****
Sat.	Sept. 24 <sup>th</sup>	Oatlands Invitational	@Oatland Plantation, VA	9:00am		5:00am
Sat.	Oct. 1 <sup>st</sup>	Paul Clovis Invitational <i>(Team Depth Builder)</i>	@Hampshire H.S.	10:30am		8:00am
Tues.	Oct. 4 <sup>th</sup>	Cumberland Area Meet	@Northern Garrett HS	4:00pm		1:50pm
<small>Area Schools: Allegany, Bishop Walsh, Fort Hill, Frankfort, Hampshire, Keyser, Mt. Ridge, Northern Garrett, Southern Garrett</small>						
Tues.	Oct. 11 <sup>th</sup>	PVC-(Potomac Valley Conference)	@Home	4:00pm		Home
<small>PVC Schools: Berkeley Springs, East Hardy, Frankfort, Hampshire, Keyser, Moorefield, Paw Paw, Pendleton, Petersburg, Pocahontas, Tucker Co</small>						
Thurs.	Oct. 20 <sup>th</sup>	Region I A/AA Meet	@Grafton	3:00pm		11:00am
<small>Regional Schools: Berkeley Springs, East Fairmont, Fairmont Sr., Frankfort, Grafton, Keyser, North Marion, Oak Glen, Philip Barbour, Weir</small>						
Sat.	Oct. 29 <sup>th</sup>	WV State Meet	@Cabell Midland H.S., WV	2:15pm		2:30pm *****(Friday Overnight)*****

(\*all times subject to change)

## All-Star Team Race (Not High School Funded-Out of Season)

Sat. Nov. 26<sup>th</sup> Nike Cross South Regional @ WakeMed Soccer Complex, Cary, NC 7hr drive time

### Directions to Meets from Frankfort High School:

- 8/13 Delaney's Dream 5K (Intersquad & Alumni Race)- (Carpendale, WV)  
Drive to Ridgeley, WV and make a left right before Hage's Market to head toward Carpendale.  
Stay on the road to Carpendale.  
You will make a right onto Davis Street. This is right after going over the Bridge in Carpendale.  
Make a right to go up to Holy Cross UM Church.  
Parking around the church. Registration and meeting at the pavilion by the church.
- 8/23 Dual Meet- (Keyser High School)  
Turn left on WV Route 28 South for ¼ of a mile. Make right onto WV Route 956 for 4.7miles.  
Make left onto US220 south. Take US220 for 12miles.  
Make right at first light **past** Wal-mart.  
Take Road for 2miles then make left onto One Tornado Way.  
Follow road to the right to back parking lot.  
Trip = 18 miles and 25min
- 8/23 University Invite- (University HS, Morgantown, WV)  
Take WV-Route 28 N toward Cumberland for 11miles.  
Get onto I-68 West for 67.7miles.  
Take Exit 7 toward WV-705 and merge onto Cheat Road. 1.4miles  
Take a right onto US-119N/Point Marion Road and continue for 2.6miles.  
Turn Left onto Bakers Ridge Rd. (0.4miles)  
Turn Right onto the road leading up to the school. Course is to the left of the school. Left parking lot.  
Trip = 81 miles and 1hr 40min
- 9/3 Bear Mountain Invite- (Lock Haven University, PA)  
Take WV- Route 28 N toward Cumberland and get onto I-68 East.- 10.8miles  
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-80East and stay on I-80E for 17.5miles  
Take Exit 178 for US 220N toward Lock Haven and turn left on US220N. -7.5miles  
Take Exit 111 toward Lock Haven/PA-120W -0.2miles  
Turn left onto Paul Mack Blvd for 0.7miles and continue straight onto N. Jay St. for 0.4miles.  
Go over the bridge and river and turn left onto Farrandville road over the bridge -1.1miles  
Turn left onto Havenview drive 0.4miles and turn left onto East Havenview drive destination on left.  
Trip = 155 miles and 2hr 45min
- 9/13 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.) 2.4miles  
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

9/17 & 11/26

Adidas Challenge & Nike Cross South Regional (WakeMed Soccer Complex, Cary, NC)

Take WV-Route 28 N toward Romney for 19miles.  
Take a left onto US-50 E toward Winchester (Enter Virginia) for 39.8miles.  
Take a right onto the ramp for VA-37 and remain for 5miles.  
Take the exit on I-81S toward Roanoke and stay on I-81S for 9.5miles.  
Take exit #300 in the Left two lanes to merge onto I-66 East and remain on I-66 East for 28.6miles.  
Take exit #28 and merge onto US-17S toward Warrenton and remain on US-17S for 46.4miles until I-95S.  
Take the right lane and ramp onto I-95S toward Richmond. Remain on I-95 S for 175.6miles.  
Take exit #138 and merge onto US-64 W toward Nashville and remain on US-64 W for 34.8miles.  
Continue on I-64W when merging with I-87 for 10.8miles.  
Use the Left 2 lanes to take the I-87S /I-440E exit toward I-40/US-64W Durham; 0.8miles.  
Merge onto I-440E and remain for 2.6miles.  
Merge onto I-40W/US-64W and remain for 7.7miles.  
Take exit 293 for I-440E/US-1/US-64W toward Raleigh/Cary/Wake Forest. 0.3miles  
Keep left at the fork to continue toward Walnut st. following US-64W Sanford 1.3miles.  
Exit on 101A on the right. 0.4miles and merge in right lanes onto Walnut street.  
\*Make a right on Walnut St. to go to the Hotel (Fairfield Inn by Marriott). Hotel in on the right. 0.2miles  
\*Make a left on Walnut St. to go to Park/Soccer Complete.  
Stay on Walnut St. for 1.3miles and make a right onto SE Maynard Road for 1.4miles. Then make a right onto E Chatham St. for 0.6miles.  
Arrive at destination on the right: WakeMed Soccer Complex, Cary, NC  
Trip = 383 miles and 6hr 30min

9/24

Oatlands Invite- (Oatlands Plantation, VA)

Take WV- Route 28 N toward Cumberland and get onto I-68 East.- 36.6miles  
Continue Straight on I-70 East – 51.1 miles  
Take Exit #52A/US-15 S/ US-340 W/Charles Town onto US-15 S, US-340W. – 4.2 miles  
Take the US-15 S/Leesburg exit to the left onto Catocin Mountain Hwy (US-15). – 17.2 miles  
Bear left onto Leesburg Byp (US-15-BYP S). – 4.3 miles  
Take the US-15 S/Warrenton exit onto S King St (US-15). – 5.1 miles  
Turn left onto Oatlands Plantation Ln (gate access required). – 0.2 miles  
Trip = 118.8 miles and 2hrs 14min

10/1

Paul Clovis Invitational sponsored by Buffalo Wild Wings Invite & PVC - (Hampshire High School)

Take WV Route 28 South for 20miles. Take Left at light onto US 50 East.  
Follow US50 for 5miles. Make right to high school and park in the back near stadium.  
Trip = 32 miles and 45min

10/4

Cumberland Area Meet- (Northern Garrett HS, Accident, MD)

Take WV-Route 28 N toward Cumberland for 11miles.  
Get onto I-68 West for 30.1miles.  
Take Exit 14A toward Accident US-219S  
Take on US-219S for 4miles. High school on the right.  
Trip = 43 miles and 50min

10/20

Regionals Host by Grafton H.S.- (West Taylor Elementary School, Flemington, WV)

Take WV-Route 28 N toward Cumberland for 11miles.  
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 WV279east/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

10/29

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