

Frankfort High School

2023 Boys & Girls Cross-Country Schedule

Boys' Head Coach:

Juan Phillips

Asst. Joe Dalonges

Aux. Asst. Andy Ferguson



Girls' Head Coach

Woody Snoberger

Asst. Jennifer Raines

Aux. Asst. Shay Jacobs

<u>Day</u>	<u>Date</u>	<u>Opponent</u>	<u>Location</u>	<u>Meet Time</u>
Sat.	Aug. 19 th	Hedgesville XC Relays	@Hedgesville HS, WV	9:30am
Tues.	Aug. 22 nd	Dual Meet vs. Keyser	@Home	4:30pm
Sat.	Sept. 2 nd	Hood College Invite	@Utica Park, Frederick, MD	9:30am
Sat.	Sept. 9 th	Frankfort Invite <i>Sponsored by WVU-Medicine Potomac Valley Hospital</i>	@Home	10:00am
Tues.	Sept. 12 th	Broadford Invite	@Broadford Lake Park, Oakland, MD	4:00pm
Sat.	Sept. 23 rd	Bull Run Invite	@Hereford HS, MD	9:00am
Tues.	Sept. 26 th	Progressive Therapy Invite	@ACM, MD	4:30pm
Sat.	Sept. 30 th	Paul Clovis Invitational	@Hampshire H.S.	10:00am
Tues.	Oct. 3 rd	Cumberland Area Meet	@Broadford Lake hosted by Southern	3:00pm
Tues.	Oct. 10 th	PVC-(Potomac Valley Conference)	@Keyser	3:00pm
Thurs.	Oct. 19 th	Region I AA Meet	@Grafton	2:00pm
Sat.	Oct. 28 th	WV AA State Meet	@Cabell Midland H.S., WV	8:30am

(*all times subject to change)