

Update 7/15/24

Frankfort High School

2024 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>Time</u>	<u>Meet</u>
Start of Practice Monday, August 5th					
Sat.	Aug. 24 th	Knight Night XC Relays	@Preston HS		7:30pm
Tues.	Aug. 27 th	Dual Meet vs. Keyser	@Keyser HS		4:30pm
Sat.	Aug. 31 st	Northampton Invite	@Bicentennial Park, Northampton, PA		8:00am
Tues.	Sept. 10 th	Broadford Invite	@Broadford Lake Park, Oakland, MD		4:00pm
Sat.	Sept. 14 th	Frankfort Invite	<i>Sponsored by WVU-Medicine Potomac Valley Hospital</i>	@Home	10:00am
Sat.	Sept. 21 st	Ben Bloser Invitational	@ Big Springs HS, Newville, PA		10:30am
Tues.	Sept. 24 th	Progressive Therapy Invite	@ACM, MD		4:30pm
Tues.	Oct. 1 ^s	Cumberland Area Meet	@ACM hosted by Allegany		4:00pm
<small>Area Schools: Allegany, Bishop Walsh, Fort Hill, Frankfort, Hampshire, Keyser, Mt. Ridge, Northern Garrett, Preston, Southern Garrett</small>					
Sat.	Oct. 5 th	Coach Charlie Kuh Invitational	@ Keyser HS		10:00am
Tues.	Oct. 15 th	PVC-(Potomac Valley Conference)	@Camp Kidd hosted by Tucker		3:30pm
<small>PVC Schools: Berkeley Springs, East Hardy, Frankfort, Hampshire, Keyser, Moorefield, Paw Paw, Pendleton, Petersburg, Pocahontas, Tucker Co</small>					
Thurs.	Oct. 24 th	Region II AA Meet	@Hampshire HS		1:00pm
<small>Regional Schools: Berkeley Springs, Frankfort, Hampshire, Keyser, Lewis Co., Liberty Harrison, Lincoln HS, Philip Barbour, RC Byrd, Roane Co., South Harrison</small>					
Sat.	Nov. 2 nd	WV AA State Meet	@Cabell Midland H.S., WV		9:00am

(*all times subject to change)