

Updated 8/04/25

# Frankfort High School

## 2025 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</u>	<u>Time</u>	<u>Depart</u>
(*all times subject to change)						
<b>Start of Practice Monday, August 4<sup>th</sup></b>						
Thurs.	Aug. 21 <sup>st</sup>	Dual Meet vs. Keyser	@Home		4:30pm	Home
Sat.	Aug. 30 <sup>th</sup>	Ashley-White Invitational	@Martington HS, Alliance, OH	9:00am		1:00pm
				**** <b>(Friday Overnight)</b> ****		
Tues.	Sept. 9 <sup>th</sup>	Broadford Invite	@Broadford Lake Park, Oakland, MD	4:00pm		1:30pm
Sat.	Sept. 13 <sup>th</sup>	Frankfort Invite	<i>Sponsored by WVU-Medicine Potomac Valley Hospital</i>			
			@Home	10:00am		Home
Tues.	Sept. 23 <sup>rd</sup>	Progressive Therapy Invite	@ACM, MD	4:30pm		2:00pm
Sat.	Sept. 27 <sup>th</sup>	Oatlands Invitational	@Oatland Plantation, VA	9:00am		5:00am
Thurs.	Oct. 2 <sup>nd</sup>	Cumberland Area Meet	@ACM hosted by Bishop Walsh	4:00pm		1:00pm
Sat.	Oct. 4 <sup>th</sup>	Coach Charlie Kuh Invitational	@ Keyser HS	10:00am		7:30am
Tues.	Oct. 14 <sup>th</sup>	PVC-(Potomac Valley Conference)	@Home	4:00pm		Home
Sat.	Oct. 25 <sup>th</sup>	Region 2 AA Meet	@ Holly-Gray Park, Sutton, WV	9:00am		1:30pm
				**** <b>(Friday Overnight)</b> ****		
Sat.	Nov. 1 <sup>st</sup>	WV AA State Meet	@Cabell Midland H.S., WV	1:00pm		8:30am
				**** <b>(Friday Overnight)</b> ****		