

**Cross Country**  
**2023 Schedule**  
**RUNNIN' REBELS**

Aug 15th—open

Aug 22nd—AT Kings Mtn. (2 Mile Race)

Aug 23—AT Shelby High School (2 Mile Race) \*\*\*\*\*

Wed Sept 6th—AT Bandys

Monday Sept 11th—AT Bunker Hill (Riverbend Middle School)

Monday Sept 18th—AT Lincolnton (Betty Ross Park)

Tuesday Sept 26th—AT Shelby (Shelby Invitational)

Wed Oct 4th—Lincoln County Championship (Betty Ross Park)

Wed Oct 11th—United Way Run (South Side Park: Newton)

Tue Oct 17th—CVAC Championship (South Side Park: Newton)

Sat Oct 28th—Western Regionals (Asheville Christian Academy)

Sat Nov 4th—State Championship (Kernersville, NC)

\*\*Football Concessions\*\* Aug 18th

