

2018 NGHS Girls and Boys Cross Country Schedule

as of August 1, 2018

DATE	EVENT	Where	
REGULAR SEASON MEETS			
Saturday, August 18	Stage Races	Chattahoochee Point Park, Suwanee	Varsity and JV
*Saturday, August 25	North Georgia Championships	East Jackson HS Lamar Murphy Park	Varsity and JV
Saturday, September 1	OFF		
^Saturday, September 8	Covered Bridge Run	Garrard Landing Park, Roswell	Varsity and JV
Saturday, September 15	Gwinnett County	International Horse Park - Conyers YES	Varsity and JV
Saturday, September 22	Wingfoot XC Classic	Cartersville, GA	Varsity
Saturday, September 29	Bob Roller Invite	East Jackson HS Lamar Murphy Park	JV and Middle School
**Thursday, October 4 – Saturday, October 6	Callaway Gardens Team Building Overnight Retreat		
Saturday, October 6	Alexander / Asics Invitational	Douglasville, GA	Varsity and JV
Saturday, October 13	Sharptop Invitational	Jasper, GA Roper Park	Varsity
Saturday, October 20	Area 4 Championship	Conyers Horse Park	Varsity and JV
^Saturday, October 27	FAST PACE RACE (post season)	Cumming, GA	
Saturday, November 3	**State Championships	Carrollton, GA	Varsity

**Overnight trips

^ACT date (September 8, October 27, December 8....more in 2nd semester)

*SAT dates (August 25, October 6, November 3, December 1....more in 2nd semester)

Varsity runners are expected to take the ACT or SAT on dates that we do not have varsity meets.

Meets and number of runners are subject to change from week-to-week depending on what the coaching staff feels is best for the teams. **There will be several instances when varsity runners will not run in every varsity race to keep everyone fresh and give everyone opportunities to compete at the highest level.** JV is only allowed 7 races, including region. Varsity is allowed 10 races.

Runners who get invited to overnight trips will be responsible for splitting a hotel room (4 runners per room, so it is fairly cheap) and dinner.

Itineraries for each race, including time of the race, time of departure, cost, what to bring, etc...will be emailed and posted on the website.