

PISGAH HIGH SCHOOL

1 Black Bear Drive □ Canton, NC 28716 □ (828) 646-3440 □ Fax (828) 648-8618

Cross Country 2018

DATE	PLACE	TIME
August 14	Practice Run @ Lake J	7:30 am
August 25	Valley River Mudder @ Murphy	boys 10:30 am girls 11:00 am
August 28	Rabun Gap	4:30pm
September 5	Watermelon Run @ Cullowhee	boys 4:30 girls 5:00
September 15	Freedom Invitational @ Freedom HS	9:00 am
September 18	Tuscola Run @PHS trail	4:00 pm
September 29	ACA Ramble Swannanoa	boys 8:30 girls 9:00
October 4	Black Bear Bolt @PHS	4:00 pm
October 10	United Way/Southside Park, Newton	TBA
October 16	Conference Meet @ WCU	TBA
October 27	Regional Meet	TBA
November 3	State Meet @ Kernersville	TBA

Clint Conner, Principal
Casey Kruk, Athletic Director
Stephanie Kuykendall, Coach
Charly Inman, Coach