**2015 Blue Ridge Conference Cross Country Schedule**

**September 1st**

**Host: Apple Valley**

Hendersonville

Flat Rock

Polk

Brevard

Macon

Madison

Waynesville

Canton

Smoky Mtn

Rugby

ACA

ICI

**Western MS/HS Meet @ Western Carolina Saturday, Sept 5th**

Waynesville

Hendersonville

Flat Rock

Macon

Canton

**September 8th**

**Host: Brevard**

Rugby

Hendersonville

Polk

Apple Valley

ACA

ICI

**September 15th**

**Host: Polk**

Brevard

*Rugby*

*Flat Rock*

*Apple Valley*

**Host: Waynesville- Canton Baseball field**

ACA

Macon

Canton

Hendersonville

Madison

**September 22nd**

**Host: Rugby**

Hendersonville

Polk

Flat Rock

AppleValley

**September 24th**

**Host: ACA**

Waynesville

Macon

Canton

Madison

Brevard

ICI

**September 29th**

**Host: Flat Rock at The Park in Flat Rock**

Hendersonville

Polk

Rugby

Apple Valley

ACA

Brevard

ICI

**Host: Canton: Canton Ball Park**

Waynesville

Macon

Madison

**October 6th**

**Host: Ruby**

Waynesville

Brevard

Polk

Apple Valley

Canton

**Host: Macon**

Flat Rock

Hendersonville

ACA

Madison

ICI

**October 13th Conference Championships at WCU**

\* Race will begin at 4

**\*** Top Nine Runners from Each School

\* Every team will be represented

\*Timing Company – Will email top 9 to company

*Flat Rock Middle Cross country Schedule*

*2015*



**Date** **Host** **Time**

**September 1 AVMS 4:30**

**September 5 Western Carolina TBA**

**September 15 Polk @ Polk Middle 4:30**

**September 22 Rugby @ Rugby Middle 4:30**

**September 29 Flat Rock @ Park at Flat Rock 4:30**

**October 6 Macon 4:30**

**October 13 Conference Meet @ Western Carolina 4:00**