



Tonya McDaniel: Head Boys Coach
Assistant Coach: Gabrielle Ponce

2024 COOK HORNET CROSS COUNTRY SCHEDULE

DAY	DATE	OPPONENT	LOCATION	TIME
SAT	AUG 17	PATRIOT PRIDE INVITATIONAL	ROCHELLE	HS BOYS 8:00AM HS GIRLS 8:45AM MS BOYS 9:30AM MS GIRLS 10:00AM
SAT	AUG 24	FURLOW FAST FEET INVITATIONAL	AMERICUS	HS GIRLS 8:30AM HS BOYS 9:00AM MS GIRLS 9:30AM MS BOYS 10:00AM
SAT	AUG 31	YELLOW JACKET INVITATIONAL	THOMASVILLE	TBD
SAT	SEPT 7	LEE COUNTY INVITATIONAL	LEESBURG	HS GIRLS 8:00AM HS BOYS 8:45AM MS GIRLS 9:30AM MS BOYS 10:00AM
SAT	SEPT 14	DEERFIELD-WINDSOR INVITATIONAL	ALBANY	HS BOYS 8:00AM HS GIRLS 8:30AM MS BOYS 9:00AM MS GIRLS 9:30AM
SAT	SEPT 21	COOK HORNET INVITATIONAL	ADEL	HS GIRLS 8:00AM HS BOYS 8:45AM MS GIRLS 9:30AM MS BOYS 10:00AM
SAT	SEPT 28	TIFT INVITATIONAL	TIFTON	HS GIRLS 8:00AM HS BOYS 8:45AM MS GIRLS 9:30AM MS BOYS 10:00AM
SAT	OCT 5	WESTOVER INVITATIONAL	ALBANY	HS GIRLS 8:00AM HS BOYS 8:40AM MS GIRLS 9:15AM MS BOYS 9:45AM
THU	OCT 10	RED FLAME CLASSIC	ROCHELLE	HS GIRLS 4:30PM HS BOYS 5:15PM MS COMBINED
THU	OCT 17	COOK HORNET HOME MEET (#)	ADEL	MS COMBINED 4:30PM HS COMBINED 5:00PM
MON	OCT 21	REGION MEET	TBD	TBD
SAT	NOV 2	SECTIONAL MEET	TBD	TBD
SAT	NOV 11	STATE MEET	CARROLLTON	TBD

DENOTES SENIOR RECOGNITION NIGHT



Come Out and Support the Hornets!!

