

Cross Country Meet Schedule 2023



Day	Date	Race	Location	Time
Tuesday	Aug. 29	Scrimmage	Panther Creek (If you cannot come, run 2 miles on your own)	4:00 Boys & Girls
Tuesday	Sept. 5	Panther Creek All Comers	Panther Creek State Park	5:00- Girls 5:30- Boys
Tuesday	Sept. 12	Myers Pumpkin Run	Myers Pumpkin Patch	5:00- Boys 5:30- Girls
Tuesday	Sept. 19	Harrier Challenge	Panther Creek State Park	6:00- Girls 6:20- Boys
Thursday	Sept. 21	Hamblen County Showdown	Frank Lorino Park	4:00- Boys 4:30- Girls
Tuesday	Sept. 26	Conference Championships	Frank Lorino Park	5:00- Girls 5:30- Boys

- Bring your own water.
- Please be at the meet location 30 minutes before your start time. We will need to get race bibs attached and warm up together.
- Try your best to attend the scrimmage. It is meant to prepare the runners for the next meet so they will know the course.

REMIND: BEARS XC '23

Send a text to: 81010

Text this message: @84b9c3

