



ARDREY KELL KNIGHTS

2021-2022 Men's & Women's Cross Country Schedule

| <u>DATE:</u> | <u>OPPONENT:</u> | <u>SITE:</u> | <u>TIME:</u> |
|------------------------|--|---|--|
| Saturday, August 21 | Pioneer Clash of Classes | Wataugh HS | TBD (Men) TBD (Women) |
| Saturday, August 28 | Providence Invitational River Run | McAlpine Park Dobson, NC | 8:00 AM (Men) TBD (Women) |
| Friday, September 10 | Friday Night Lights XC Festival | Ivey M. Redmon Park | TBD (Men) TBD (Women) |
| Saturday, September 18 | Adidas XC Challenge Hares & Hounds Invitational | WakeMed Sports Complex McAlpine Park | TBD (V-Men) TBD (Women) TBD (JV-Men) |
| Saturday, September 25 | Greensboro XC Invitational Virginia Relays | Hagan-Stone Park Mechanicsville, VA | TBD (Men) TBD (Women) |
| Saturday, October 2 | Great American XC Festival Wendy's Invitational | WakeMed Sports Complex McAlpine Park | TBD (V-Women) TBD (Men) TBD (JV-Women) |
| Saturday, October 9 | Cuthbertson Autumn Night Invitational | Cuthbertson | TBD (Men) TBD (Women) |
| Wednesday, October 20 | SoMeck Conference Championship Meet | McAlpine Park | TBD (Men) TBD (Women) |
| Tuesday, October 26 | Regional JV Meet | McAlpine Park | TBD (Men) TBD (Women) |
| Saturday, October 30 | NCHSAA 4A Regional Championship Meet | McAlpine Park | 10:30 AM (Men) 11:30 AM (Women) |
| Saturday, November 6 | NCHSAA 4A State Championship Meet | Ivey M. Redmon Park | TBD (Men) TBD (Women) |

Head Men's Coach: Kyle Wegner

Head Women's Coach: Brandon Webb

Head Athletic Trainer: Jacqui Frithsen

Asst. Athletic Trainer: Katrina Courtright

Principal: Jamie Brooks

Athletic Director: Brian Knab

Strength & Conditioning: Brian Bosman

