



INDEPENDENCE HIGH SCHOOL

2018 WOMEN'S and MEN'S Cross Country Schedule

DATE	LOCATION	MEET	TIME
August 25	McAlpine	Providence Invite	9AM
August 30	Hickory Ridge	Hickory Ridge	5:00PM
September 8	Renaissance Park	Queens Twilight Meet	7PM
September 15	Porter Ridge	Porter Ridge Invite	9AM
September 19	Mallard Creek HS	Mallard Creek Invite	4:30PM
September 27	Myers Park	Pre-Conference	4:30PM
October 6	McAlpine	Wendy's Invite	9Am
October 13	Redmon Park	NC Runners Invite	9 AM
October 17	Myers Park	SW4A Conference Meet	4:00 PM
October 23	McAlpine	Regional "B" Meet	4:30PM
October 27	McAlpine	Regionals 4A Midwest	9AM
November 3	Redmon Park, NC	NCHSAA State Meet	9AM
November 24	McAlpine	Footlocker South Regional Meet	TBA-Individual Entry

Women's Head Coach: Amanda Hawthorne

Men's Head Coach: Ken Waldron

Assistant: Darrell Pegram

Principal: David LeGrand

Athletic Director: Elijah Ashley

Athletic Trainer: Julie Burton, ATC, LAT

Address: 1967 Patriot Dr. Mint Hill, NC 28227

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Colors: Forest Green and Gold

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Mascot: Patriot