

FREDERICA ACADEMY

2023 VARSITY XC



DAY	DATE	OPPONENT	LOCATION	TIME
Saturday	9/9	Island Breeze Invitational	Savannah	10:30 B / 10:45 G
Thursday	9/14	Stinger Invitational	Savannah Christian School	3:50 B / 4:30 G
Thursday	9/26	Raider Invitational	Savannah Christian School	3:50 B / 4:30 G
Thursday	10/5	Blue Tide Region Preview	Long County HS	4:30 G / 5:15 B
Thursday	10/12	Walk the Plank	CCGA	5:00 B / 5:45 G
Saturday	10/21	Region Meet	CCGA	7:30 AM
Saturday	10/28	State Meet	TBA	TBA

Head of School: Scott Hutchinson | **Athletic Director:** Carl Nash

Head Coach: Jim Brown | **Athletic Trainer:** Adam Norman

HOME OF THE KNIGHTS

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www.fredericaacademy.org

Updated 9/1/23