



**Benbrook Middle-High School
Bobcat and Lady Bobcat
MS/HS Cross Country Schedule
2024**



<u>Date</u>	<u>Meet</u>	<u>Location</u>	<u>City</u>	<u>Start Time</u>
Fri. 8/16	Kennedale Wildcat Run (HS only)	MLK Jr. Sports Complex	Kennedale	7:00 AM
Sat 8/24	Southwest Christian Invitational (MS and HS)	Southwest Christian School	Fort Worth	7:15 AM
Wed. 8/28	Keene (HS only) AND Brock JH Season Opener (MS only)	Rex Callicott Park Brock High School	Keene Weatherford	9:00 AM 5:30 PM
Wed. 9/11	Glen Rose Cross Country Invitational (HS only)	Squaw Valley Golf Course	Glen Rose	8:00 AM
Fri. 9/20	Castleberry Clash at Camp Carter (HS/MS)	Camp Carter YMCA Complex	Fort Worth	9:00 AM 4:30 PM
Wed. 9/25	Brock Invitational (HS only) Race for the Loot (MS only)	Brock High School Disc Golf Course	Weatherford Granbury	10:00 AM 5:00 PM
Wed. 10/2	Stephenville Thrill of the Hill (HS only)	Stephenville City Park	Stephenville	9:00 AM
Sat. 10/5	City Championships (MS only)	Resource Connection	Fort Worth	TBD
Thurs. 10/10	District 9-4A Championship (HS only)	Athletic Performance Ranch	Benbrook	TBD
Mon. 10/21 or Tues. 10/22	4A Region I Cross Country Meet (HS Qualifiers Only)	Mae Simmons Park	Lubbock	TBD
Fri. 11/1 or Sat. 11/2	4A State Cross Country Meet (HS Qualifiers Only)	Old Settler's Park	Round Rock	TBD

High School Coaches: Syna Donart, Mercedes Simon
Middle School Coach: Jeremy Kinder, Mario Flores
Athletic Coordinator: Esoleta Lofton

Principal: Jason Oliver
Athletic Director: Lisa Langston
Athletic Trainer: Andrew Dallinger, Symone Johnson