

# *Florence Falcon Cross Country*

## FloXC24 Race Schedule

<b>Date</b>	<b>Meet</b>	<b>Location</b>	<b>Race Times</b>
8/24	Tennessee River Classic, hosted by Brooks High School	McFarland Park, Florence, AL	9:00 a.m - Varsity Girls 5-7A . - 5k run 9:30 a.m - Varsity Boys 5-7A. - 5k run 10:00 a.m - JV Girls 1-7A. - 2 mile run 10:30 a.m. - JV Boys 1-7A - 2 mile run
9/7	Chickasaw Trails Invitational, hosted by Jesse Owens Runners Club	Oakville Indian Mounds, Danville, AL	8:55 Large Schools Boys (5A-7A AL) 5K 9:10 "B" Team/JV Girls 5K 9:55 Large Schools Varsity Girls (5A-7A AL) 5K 10:10 "B" Team/JV Boys 5K 10:40 JH Girls (grades 7-9) 2.1 mi 10:55 JH Boys (grades 7-9) 2.1 mi
9/13-9/14	The Southern Showcase, hosted by Huntsville High	John Hunt Running Park in Huntsville, AL	<u>Friday 9/13</u> 5:00 PM - Junior High boys 2 mile- unlimited entry for 7-9th grade boys ONLY 5:15 PM - Junior High girls 2 mile - unlimited entry for 7-9th grade girls ONLY 5:30 PM- Girls "open" division 5K - unlimited entries, all grades 7-12, no time standard 6:25 PM- Large School Boys "open" division 5K - unlimited entries, all grades 7-12, no time standard <u>Saturday, 9/14</u> 8:00 AM - Blue Boys 8:20 AM - Championship Boys (if we qualify) 8:40 AM - Championship Girls 9:00 AM - Blue Girls 9:25 AM - Crimson Boys 9:45 AM - Gray Boys 10:05 - Crimson Girls
9/21	Wingfoot XC Classic, hosted by Atlanta Track Club (Top varsity only)	Sam Smith Park, Cartersville, GA	7:40 A.M. Varsity Boys A 8:00 A.M. Varsity Girls A OR 8:20 A.M. Varsity Boys B 8:40 A.M. Varsity Girls B
9/28	Warriors Invitational, hosted by Wilson High School (all except top varsity)	Wilson High School campus	9:20- Large School Varsity Girls 5k 9:50- Large School Varsity Boys 5k 10:10- Junior High Boys 2 mile 10:30 - Junior High Girls 2 mile
10/5	Jesse Owens Classic, hosted by Jesse Owens Runners Club	Oakville Indian Mounds, Danville, AL	8:15 Silver Div Boys Top 7 9:10 Silver Div Girls Top 7 10:50 5K Red Div Boys

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			11:05 5K Red Div Girls 11:35 2.1 mi Jr High Div Boys 11:55 2.1 mi Jr High Div Girls
10/12	Dew It on the Trails Invitational hosted by Decatur High School (All but top varsity going to "Nooga.")	Point Mallard Park, Decatur, AL	8:30 am - Jv GIRLS (2 MILES) 7-9 9:00 am - Jv BOYS (2 MILES) 7-9 9:30am -VGIRL 5K 5A-7A 10:00am-VBOYS 5K 5A-7A
10/12 (top 7 only)	Nooga at Night, hosted by Dalton State College (Top Varsity only)	Camp Jordan Soccer Fields, East Ridge, TN	7:30 p.m.(High School) Girls' Varsity Race (5k) 8:05 p.m.(High School) Boys' Varsity Race (5k) 8:35 p.m.(College) Women's Race (5k) 9:05 p.m.(College) Men's Race (5k)
10/19	Randolph Invitational, hosted by Randolph School (All runners who are not competing at sectionals.)	John Hunt Running Park, Huntsville, AL	7:00 AM Course opens 8:00 AM Junior High Girls 2 Mile (grades 7-9) 8:30 AM Junior High Boys 2 Mile(grades 7-9) 9:00 AM Large School Varsity Girls 5k 10:00 AM Large School Varsity Boys 5k
10/24	Northwest Alabama Championship, hosted by Jesse Owens Runners Club (All runners not competing at sectionals.)	Oakville Indian Mounds, Danville, AL	4:00 Varsity Girls (5K) 4:40 Varsity Boys (5K)
10/31	7A, Section 4 Championship, hosted by Huntsville High	John Hunt Running Park, Huntsville, AL	2:15 PM - 6A Girls <b>2:40 - 7A Boys</b> 3:05 - 6A Boys <b>3:30 - 7A Girls</b> 4:00 - 1A/2A Boys 4:25- 4A Girls 4:50 - 1A/2A Girls 5:20 - 4A Boys
11/9	AHSAA State Championship XC Meet	Oakville Indian Mounds, Danville, AL	TBA
11/23	NXR - Nike Cross Country Regional Meet	WakeMed Soccer Park, Cary, NC	If our team is ready to compete at this level, we would like to make plans to go; however, it is likely we will wait until 2025 to compete here.
12/7	Running Lane National Championships	John Hunt Running Park, Huntsville, AL	7:30 a.m. -- Community Race 8:30 a.m. -- Bronze Boys Race 9:00 a.m. -- Bronze Girls Race

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	(We would likely compete in the Silver races; this race gives our athletes some national exposure.)		9:45 a.m. -- GOLD BOYS RACE 10:30 a.m. -- GOLD GIRLS RACE 11:00 a.m. -- Silver Boys Race 11:30 a.m. -- Silver Girls Race 12:00 p.m. -- Blue Boys Race 12:30 p.m. -- Red Boys Race
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