CROSS COUNTRY SCHEDULE

2026

Day	Date	Time	LOCATION	Dismiss
Mon	24-Aug	4:00	Lawrence Academy (walk through 3:30)	1:00
Wed	31-Aug	4:00	Pungo Christian School (walk through 3:30)	12:00
Mon	7-Sep	n/a	Open	n/a
Mon	14-Sep	4:00	Halifax Academy (walk through 3:30)	2:45
Mon	21-Sep	4:00	Northeast Academy (walk through 3:30)	2:00
Mon	28-Sep	4:00	Ridgecroft (walk through 3:30)	2:00
Mon	5-Oct	4:00	Kerr Vance Academy (walk through 3:30)	1:30
Mon	12-Oct	4:00	Oakwood School	1:00
Mon	19-Oct	TBA	TIC Championship Meet @ Albemarle School	TBA
Fri	30-Oct	TBA	NCISSA State Championship Meet	TBA

7/10/2026

Head Coach: Wendy Starnes

Head of School: Mike Ferguson

Athletic Director: Teresa Long