

KNIGHT ATHLETICS

Cross-Country

2019 SCHEDULE

DATE	OPPONENT	LOCATION	TIME
8/24/19	Invitational	Panama City Beach	8:00am
8/27/19	Multi-Team	Ropin' The Truth Ranch, Baker, FL	4:00pm
9/3/19	Multi-Team	Lake Jackson, Florala, AL	4:00pm
9/5/19	Multi-Team	Twin Oaks Park, Niceville, FL	3:00pm
9/10/19	Multi-Team	Lake Jackson, Florala, AL	4:00pm
9/17/19	Multi-Team	Lake Jackson, Florala, AL	4:00pm
9/24/19	Multi-Team	Lake Jackson, Florala, AL	4:00pm
9/28/19	Multi-Team	Jay City Park, Jay, FL	TBD
10/1/19	Multi-Team	Laurel Hill	4:00pm
10/5/19	Multi-Team	Ropin' The Truth Ranch, Baker, FL	
10/16/19	Multi-Team	Franklin County	3:30pm
10/24/19	Districts	Franklin County	9:00am
10/30/19 - 11/2/19	Regionals	TBD	TBD
11/9/19	State	Apalachee Regional Park	TBD