



Cabot JH Cross Country Schedule 2023



Updated: September 1, 2023

<u>DATE</u>	<u>MEET</u>	<u>LOCATION</u>	<u>TIME</u>
September 5	Ribbon Meet**	Mt. Carmel Baptist Church	6:30 pm
September 9	LR Classic	War Memorial Stadium	8:00 am
September 12	Josh Park Memorial	Josh Park (<i>Heber Springs</i>)	4:00 pm
September 19	Medal Meet**	Mt. Carmel Baptist Church	5:45 pm
September 23	Cyclone Invitational	Ark Tech University, (<i>Russellville</i>)	9:00 am
September 30	Wampus Cat Inv.**	Beaver Fork Lake	8:00 am
October 14	KTF 5k - Cabotfest <i>(Must pay your entry fee/optional)</i>	Cabot	TBA
October 10	Trophy Meet**	Mt. Carmel Baptist Church	5:30 pm
October 17	Cabot Invitational**	Rolling Hills Country Club	3:30 pm
October 21	Mt. Carmel Invitational**	Mt. Carmel Baptist Church	10:00 am

**ALL 7-9 boys and girls will run at these meets.

For all other meets on the schedule, athletes will be chosen to go and will be notified the week of that meet.