



Cabot JH Cross Country Schedule 2024

Updated: October 17, 2024

**Please check this schedule periodically for changes.*

<u>DATE</u>	<u>MEET</u>	<u>LOCATION</u>	<u>TIME</u>
September 3	Ribbon Meet**	Mt. Carmel Baptist Church	5:45pm
September 7	LR Classic	War Memorial Stadium	8:00am
September 10	Josh Park Memorial	Josh Park (<i>Heber Springs</i>)	4:00pm
September 17	Medal Meet**	Mt. Carmel Baptist Church	5:30pm
September 21	Cyclone Invitational	Ark Tech University, (<i>Russellville</i>)	9:00am
September 28	Wampus Cat Inv.**	Beaver Fork Lake (<i>Conway</i>)	8:00am
October 8	Trophy Meet**	Mt. Carmel Baptist Church	5:30pm
October 15	Cabot Invitational**	Rolling Hills Country Club	3:30pm
October 19	Mt. Carmel Invitational**	Mt. Carmel Baptist Church	10:00am
October 22	River Valley Jr High Conference Meet	Vilonia	4:45pm

**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.