



NCS High School Cross Country
2022-2023 Schedule

| Date | Location | Time |
|-------------|---|--------------------------------|
| 9/2 | Dickson Invitational @ Buckner City Park | 5:45 PM |
| 9/12 | TSIAA Race 2 @ The Hermitage | 5:50 PM |
| 9/19 | TSIAA Race 3 @ The Hermitage | 5:50 PM |
| 9/26 | TSIAA Race 4 @ The Hermitage | 5:50 PM |
| 10/1 | Saturday Light Fever @ Sanders Ferry Park | Silver 6:20 PM Gold 9:05 PM |
| 10/4 | Vaughn's Gap | 4:00 PM |
| 10/17 | TSIAA Championships @ The Hermitage | 5:50 PM |
| 10/24 | US Regional Meet @ Sanders Ferry | 4:50 PM |