



Flagler Palm Coast High School

State Champs 2001, 2002, & 2005

State Runner-Up 2003 & 2006



Cross Country Practice Schedule/Locations

(3:15 – 5:15pm) (Monday- Friday)

- Monday:** Wadsworth Park (pre-labor Day); Bulow (post-Labor Day)
- Tuesday:** Wadsworth Park/Flagler Beach Bridge (pre-labor Day);
FPC Track = (post-Labor Day)
- Wednesday:** Graham Swamp (off of Colbert) and/or Bulow
- Thursday:** Bulow Plantation Ruins and/or Lehigh Lake (access of Old King's Rd)
- Friday:** FPC Track
- Saturday:** Meets

✚ All students needing rides to practice can ride the "Practice Bus" from FPC (front of bus line).

✚ You board the bus @ 2:50pm and ride to practice site. Parents pick up from the practice site.

Head Coach: David M. Halliday (386) 931-2449