



# Flagler Palm Coast High School

## 2009 Cross Country Schedule

*State Champs 2001, 2002, & 2005*

*State Runner-Up 2003 & 2006*



<u>Date</u>	<u>Meet</u>	<u>Time/Bus Depart</u>	<u>Location</u>
----- <i>PRESEASON</i> -----			
8/22 (Sat.)	2-Mile Time Trial	7:30am	HOME/F.P.C
8/29 (Sat.)	TBA	7:00am	TBA
9/5 (Sat.)	Devil-Take-the-Hind/Run-A-Thon	7:00am	HOME/F.P.C.
9/12 (Sat.)	Buchholz XC Jamboree	7:00am/5:00am	Santa Fe CC/Gainesville
----- <i>REGULAR SEASON</i> -----			
9/19 (Sat.)	Astronaut Invite	8:00am/6:00am	Chain of Lakes/Titusville
9/26 (Sat.)	Buchholz "Bobcat" Invitational	8:00am/5:30am	Santa Fe CC/Gainesville
10/3 (Sat.)	Flrunners.com Invitational	8:00am/6:00am	Chain of Lakes/Titusville
10/10 (Sat.)	Bale-N-Trail Invitational	8:00am/6:00am	Bartram Trail HS/Jacksonville
10/13 (Tues.)	Freshman/Soph. 5-Star Conference Meet	5:00pm/3:00pm	Spruce Creek HS
10/17 (Sat.)	Pre-State Invitational	8:30am	Little Everglades Park
10/24 (Sat.)	Greater North Florida Invitational	8:30am/5:30am	Columbia HS/Lake City
10/27 (Tues.)	5-Star Conference Meet	5:00pm/2:30pm	Sperling Complex/DeLand
----- <i>STATE SERIES</i> -----			
11/7 (Sat.)	TBA---District 4A-1 Meet	8:00am	TBA
11/14 (Sat.)	Region 4A-1 Meet	9:00am	Santa Fe CC/Gainesville
11/21 (Sat.)	4A-State Championships	10:30am	Little Everglades Park
----- <i>POST-SEASON</i> -----			
11/28 (Sat.)	Nike Team Nat's.—Southeast Region Meet		SAS Park/Cary, NC
12/8 (Mon)	F.A.C.A. Sr. All-Star Meet	9:00am	Miccosukee Greenway/Tall

Head Coach: David M. Halliday  
Asst. Coach: Virgil Williams

Athletic Director: Steve DeAugustino  
Principal: Nancy Willis  
Superintendent: Bill Delbrugge

