

2023 FMHS XC SCHEDULE

<u>DATE</u>	<u>MEET</u>	<u>LOCATION</u>
8/19	Southlake 2 Mile	Carroll High School
8/26	Greenhill Relays	Norbuck Park, Dallas
9/2	Telaneus Invitational	North Lakes Park, Denton
9/9	McKinney Boyd Invitational	Myers Park, McKinney
*9/16	Woodbridge Invitational (Top 7 Girls and Top 7 Boys)	Irvine, California
9/23	Flower Mound Invitational	Shadow Ridge Middle School
9/30	Nike South Invitational	Bear Branch Park, The Woodlands
10/13	District 6-6A Championships	North Lakes Park, Denton
*10/24	Region 1-6A Championships	Mae Simmons Park, Lubbock
*11/4	UIL State Championships	Old Settlers Park, Round Rock
*11/18	NXN South Regionals	Bear Branch Park, The Woodlands
*12/2	NXN Championships	Portland, Oregon

Head Coach
Andrew Cook
cooka@lisd.net

Principal
Chad Russell- FMHS
Jeff Brown- FM9

Assistant Coaches
Clint Davidson
Michael Horstmeyer
Melissa Cook

*Varsity and must qualify

Athletic Director
Brian Basil
Sherika Nelson