

SOUTHLAND ACADEMY RAIDERS

2013 Cross Country Schedule

Revised 7/1/2013

DAY	DATE	HOST TEAM	SITE	TIME
Saturday	August 17	Southland (JV & Varsity)	Americus	9:00
Saturday	August 24	Tattnall Square (JV & Varsity)	Macon (Children's Home)	10:00
Tuesday	September 3	Southland (JV & Varsity)	Americus	4:00
Saturday	September 14	Loganville Christian (Varsity only)	Loganville Christian	9:00
Saturday	September 21	Covenant (JV & Varsity)	Macon (Children's Home)	9:00
Saturday	September 28	Plains Peanut Festival (JV & Varsity)	Plains	9:00
Saturday	October 5	Southland (JV & Varsity)	Americus	9:00
Wednesday	October 9	JV State Meet @ Stratford	Macon (Stratford Academy)	4:30
Saturday	October 12	Deerfield Windsor	Albany (Darton College)	9:00
Saturday	October 19	Varsity Region 3AAA Meet hosted by Southland	Americus	10:00
Saturday	October 26	Varsity State Meet	Loganville Christian	10:00

Varsity runners compete at the 5 kilometer distance (approx. 3.1 miles)

JV (middle school) Runners compete at the 2.5k (approx. 1.6 mile) distance

Home Meets start and finish at **Southland Academy**, 123 Southland Road, Americus GA 31709

Coaches: Paula McDonald & Patrick Calcutt

Email Rosters to: Pmcdonald @southlandacademy.org with copy to Calcuttlaw@bellsouth.net

last-minute details: Coach McDonald 229-942-8800 Coach Calcutt 727-424-4347