

# WakeMed Soccer Park -- Cross Country Course Schedule

Last Updated 8/26/2011

## Friday, August 26

3:30 PM	5:30 PM	XC Course	Race	Wayne Country Day, St. Mary's, The Fletcher Academy, Cresset Christian, Northwood, Cape Fear, Epiphany, & Grace Christian
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## Saturday, August 27

6:00 AM	2:00 PM	XC Course	5K Run/Walk	Run for Life
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## Monday, August 29

3:00 PM	7:00 PM	XC Course	Practice	Broughton, Cary, & Panther Creek
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## Tuesday, August 30

3:30 PM	5:30 PM	XC Course	Race	Triangle MS
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## Wednesday, August 31

4:00 PM	7:30 PM	XC Course	Race	Apex, Fuquay, & Panther Creek Holly Springs & Green Hope
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## Thursday, September 01

3:00 PM	6:00 PM	XC Course	Race	Ravenscroft, St. Mary's, & Cardinal Gibbons
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## Friday, September 02

3:30 PM	5:30 PM	XC Course	Race	Faith Christian, Cresset Christian, & Grace Christian
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## Tuesday, September 06

3:30 PM	5:30 PM	XC Course	Race	Triangle MS
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## Wednesday, September 07

4:00 PM	7:30 PM	XC Course	Race	Leesville Road & Broughton
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## Monday, September 12

3:00 PM	7:00 PM	XC Course	Practice	Apex, Green Hope, & Middle Creek
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## Tuesday, September 13

3:30 PM	5:30 PM	XC Course	Race	Triangle MS
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## Wednesday, September 14

4:00 PM	7:30 PM	XC Course	Race	Fuquay, Green Hope & Lee County Middle Creek, Panther Creek, & Cary
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## Thursday, September 15

3:45 PM	6:30 PM	XC Course	Race	Granville Central & Raleigh Charter
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## Friday, September 16

5:00 PM	7:00 PM	XC Course	College Races	Wolfpack Invitational
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## Saturday, September 17

9:00 AM	2:00 PM	XC Course	H.S. Races	Wolfpack Invitational
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## Monday, September 19

3:00 PM	7:00 PM	XC Course	Practice	Broughton, Cary, & Panther Creek
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## Tuesday, September 20

3:30 PM	5:30 PM	XC Course	Race	Triangle MS
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## Wednesday, September 21

3:30 PM	7:00 PM	XC Course	Race	Broughton, Enloe, Holly Springs, & Apex
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**Friday, September 23**

3:30 PM	5:30 PM	XC Course	Race	Wayne Country Day, Grace Sanford, Cresset Christian, & Grace Christian
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**Sunday, September 25**

8:00 AM	1:00 PM	XC Course	5K Run/Walk	SV Temple
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**Monday, September 26**

3:00 PM	7:00 PM	XC Course	Practice	Apex, Green Hope, & Middle Creek
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**Tuesday, September 27**

3:00 PM	6:00 PM	XC Course	Race	Orange, Oxford Webb, & Cardinal Gibbons
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**Wednesday, September 28**

3:30 PM	7:00 PM	XC Course	Race	Cary, Green Hope, Lee County & Panther Creek
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**Friday, September 30**

3:00 PM	4:30 PM	XC Course	College Races	Great American Cross Country Festival
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**Saturday, October 01**

7:30 AM	2:00 PM	XC Course	H.S. Races	Great American Cross Country Festival
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**Monday, October 03**

3:00 PM	7:00 PM	XC Course	Practice	Broughton, Cary, & Panther Creek
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**Tuesday, October 04**

3:30 PM	5:30 PM	XC Course	Race	Triangle MS
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**Wednesday, October 05**

3:30 PM	7:00 PM	XC Course	Race	Broughton, Green Hope, Wakefield, & Cary
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**Thursday, October 06**

5:00 PM	6:30 PM	XC Course	Race	Wake Technical Community College
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**Friday, October 07**

3:30 PM	5:30 PM	XC Course	Race	Wayne Country Day, Grace Sanford, NRCA, Cresset Christian, Cape Fear, & Grace Christian
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**Saturday, October 08**

6:30 AM	12:00 PM	XC Course	5K Run/Walk	LUNgevity Foundation
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**Sunday, October 09**

10:00 AM	6:00 PM	XC Course	5K Run/Walk	Green Hope H.S. PTSA
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**Monday, October 10**

3:00 PM	7:00 PM	XC Course	Practice	Apex, Green Hope, & Middle Creek
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**Tuesday, October 11**

3:30 PM	5:30 PM	XC Course	Race	Triangle MS
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**Wednesday, October 12**

3:30 PM	7:00 PM	XC Course	Race	Apex, Broughton, Middle Creek Panther Creek, Sanderson, & Green Hope
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**Thursday, October 13**

3:30 PM	6:30 PM	XC Course	Race	Durham Academy, Wesleyan Christian Academy, High Point Christian Academy, Saint Mary's, Southern Wake Academy, & Cary Academy
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**Friday, October 14**

3:30 PM	5:30 PM	XC Course	Race	CCC Conference Meet (Host: Grace Christian)
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**Saturday, October 15**

6:00 AM	5:00 PM	XC Course	5K Run/Walk	Nancy's Butterfly 5k Fun Run
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**Sunday, October 16**

7:00 AM	3:00 PM	XC Course	Bicycle Race	Revolution Cycles
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**Monday, October 17**

3:00 PM	7:00 PM	XC Course	Practice	Broughton, Cary, & Panther Creek
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**Tuesday, October 18**

1:00 PM	2:00 PM	XC Course	Race	Conference Meet (Host: Cardinal Gibbons)
2:00 PM	6:30 PM	XC Course	Race	Cap-8 Conference Meet (Host: Broughton)

**Wednesday, October 19**

12:00 PM	1:00 PM	XC Course	Practice	CIAA
2:00 PM	6:30 PM	XC Course	Race	Tri-9 Conference Meet (Host: Apex)

**Thursday, October 20**

7:00 AM	12:00 PM	XC Course	Race	CIAA Conference Meet
3:00 PM	6:00 PM	XC Course	Race	EPIC Conference Meet (Host: Cary Christian School)

**Friday, October 21**

2:30 PM	6:30 PM	XC Course	Race	TISAC Conference Meet (Host: Cary Academy)
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**Saturday, October 29**

8:00 AM	1:00 PM	XC Course	Race	Mid-East Regional 3A/4A Meets Host: Cardinal Gibbons/Green Hope
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**Sunday, October 30**

6:00 AM	12:00 PM	XC Course	5K Run/Walk	WakeMed Hospital 5K
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**Sunday, November 20**

1:00 PM	6:00 PM	XC Course	5K Race	Finish Strong
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**Friday, November 25**

8:00 AM	6:00 PM	XC Course	Race Set Up	Nike Cross National Southeast Regional
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**Saturday, November 26**

8:00 AM	12:00 PM	XC Course	H.S. Race	Nike Cross National Southeast Regional
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**Saturday, December 03**

7:00 AM	1:00 PM	XC Course	5K Run/Walk	Cause to Run
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