

2024 SSHS Varsity/JV/JH Cross Country

Boys Head Varsity/JV Coach: Cencade Pennington

Girls Head Varsity/JV Coach: Brandy Riley

Asst Varsity: Michael Ferry

Asst JH: Ashley Kelso - Ralph Simmons

SSHS 334-664-4060

Head JH Girls & Boys:

SSJHS 334-664-4070

Date	Day	Division	Meet	Site
8/10 or 8/17	Saturday	ALL	Complex Clean Up Day- 9-11amET	SS XC Complex
8/22	Thursday	*ALL	Panther Stages	SS XC Complex
8/31	Saturday	*V	AT&T Starr's Mill Meet	Fayetteville, GA
9/5	Thursday	JH-JV	Area XC Meet	Kiesel Park, Auburn
9/7	Saturday	HS	ACT Test	Local
9/12	Thursday	*V-JH-JV	Central	Lakewood Golf Course
9/19	Thursday	JH-JV	Area XC Meet	SSHS
9/28	Saturday	ALL	J.D. Evilsizer Panther Invitational	SS XC Complex
10/3	Thursday	JH-JV	Area XC Meet	SS XC Complex
10/5	Saturday	*V-JV-JH	Westover Invitational	Albany GA.
10/10	Thursday	JH-JV	AREA XC MEET	Kiesel Park, Auburn
10/17	Thursday	*V-JV-JH	Tiger Classic /EACCC	Kiesel Park, Auburn
10/26	Saturday	HS	ACT Test	Local

V= Varsity 5K (Top 7-10 runners that make qualification times- grade level 7-12)

JV= Junior Varsity 5K (Top 8-14 or 11-20 runners that make qualification times- grade level 7-12)

JH= Junior High 3K/2M (Grades 7-9 only)

*** Travel Squad- Must qualify within the team**

10/31	Thursday	V*	AHSAA Sectionals	Kiesel Park, Auburn
11/9	Saturday	V*	AHSAA 7A State Championships	Moulton, AL

TBA	Saturday	Time	AAU SE Qualifier	TBA
TBA	Saturday	Time	USATF AL State Meet	TBA
TBA	Saturday	Time	Footlocker SE Regional	Charlotte, NC
	Saturday	Time	NXN SE Regional	Cary, NC
TBA	Saturday	Invite	AAU National Championships	TBA
	Saturday	Invite	NXN National Championships	Portland, Oregon
TBA	Saturday	Invite	USATF National Championships	Tallahassee FL.
	Saturday	Invite	Footlocker National Championships	San Diego, CA
12/7	Saturday	HS	ACT Test	Local

Superintendent: Dr. Mike Howard

SSHS Principal: Adam Johnson	SSJHS Principal: Mullinax
SSHS Athletic Director: Coach S. Johnson	SSJHS Athletic Director: Roy Dixon

