



2023
IRONTON HIGH SCHOOL
CROSS COUNTRY



<u>DATE</u>	<u>DAY</u>	<u>MEET</u>	<u>SITE</u>	<u>TIME</u>
August 22nd	Tuesday	Fairland 2-Miler	Fairland BOE	5:00
August 26th	Saturday	OPEN		
September 2nd	Saturday	St. Mary's Inv.	Cabell Midland HS	7:20pm
September 9th	Saturday	Fairland Run By The River	Fairland BOE	10:00am
September 16th	Saturday	Cedarville Friendship Inv	Cedarville Univ	10:10am
September 21st	Thursday	Hoka Postal Nationals	Ironton Track	5:00pm
September 23rd	Saturday	Rio Grande Invitational	Univ of Rio Grande	10:00am
September 30th	Saturday	Pickerington Inv	Pick North HS	9:00am
October 7th	Saturday	Tigertown XC Palooza	Ironton MS	10:00am
October 14th	Saturday	OVC Championships	Fairland BOE	10:00am
October 21st	Saturday	District Championships	Univ of Rio Grande	TBA
October 28th	Saturday	Regional Championships	Pick North HS	TBA
November 4th	Saturday	State Championships	Fortress Obetz	TBA

