**Interboro High School**

**Cross Country**

**2022-2023**

Saturday, September 10 Atkinson at Rose Tree Park

Wednesday, September 14 Del-Val Meet 1 at Interboro South Ave Sports Complex

* Boys 3:30; Girls 4:00 -OR Coed at 3:30 if the field is small

Saturday, September 17 George School Invitational, Newtown PA

Saturday, September 24 Pencrest Invitational

Wednesday, October 5 Del-Val Meet 2 at Chichester

* Girls 3:30; Boys 4:00 - OR Coed at 3:30 if the field is small

Saturday, October 8 Delcos

Wednesday, October 12 Del Val Rain Date

Wednesday, October 19 District 1 Qualifier Meet at Interboro South Ave Sports Complex

* Boys Varsity 3:30 (top 15 considered All Del-Val); Girls Varsity 4:00
* Boys JV 4:30 (if needed); Girls JV 4:40 (if needed)

Friday, October 28 Districts