

TRAC

TAR ROANOKE ATHLETIC CONFERENCE

NORTHWEST HALIFAX HIGH SCHOOL

KIPP PRIDE HIGH

NORTH EDGECOMBE HIGH SCHOOL

NORTHAMPTON COUNTY HIGH SCHOOL

SOUTHEAST HALIFAX HIGH SCHOOL

ROCKY MOUNT PREP

WARREN COUNTY HIGH

WELDON HIGH SCHOOL

WILSON PREP

2023 CROSS COUNTRY CONFERENCE SCHEDULE

Meet 1	Wednesday, September 6, 2023	4:00 P.M.	@	Wilson Prep
Meet 2	Wednesday, September 13, 2023	4:00 P.M.	@	Wilson Prep
Meet 3	Wednesday, September 20, 2023	4:00 P.M.	@	Wilson Prep
Meet 4	Thursday, September 27, 2023	4:00 P.M.	@	Wilson Prep
Meet 5	Wednesday, October 4, 2023	4:00 P.M.	@	Wilson Prep
Meet 6	Wednesday, October 11, 2023	4:00 P.M.	@	Wilson Prep

*****CONFERENCE CHAMPIONSHIP MEET*****

Wednesday, October 18, 2023

4:00 P.M. @ Wilson Prep

******1A REGIONAL MEET******

Saturday, October 28 2023

TBA

*******1A STATE MEET*******

Saturday, November 4, 2023

10:30(M) 11:30(W)

@ Kernersville, NC