

Florence Track Club Cross Country Schedule - 2019
(All Times, Dates, and Locations Subject to Change)
Updated 8/18/2019

Aug 19	West Florence	6:20 p.m.	Practice
	Parents Meeting	7:00 p.m.	West Florence
Aug 20	Freedom Florence	6:20 p.m.	Practice
Aug 22	Freedom Florence	6:20 p.m.	Practice
Aug 24	Back 2 School 5K	8:00 a.m.	Optional 5K
Aug 26	West Florence	6:20 p.m.	Practice
Aug 27	MHFC	6:20 p.m.	Practice
Aug 29	Freedom Florence	6:20 p.m.	Practice
Aug 30	Coastal Carolina	3:00 p.m.	Meet
Sept 2	Freedom Florence Labor Day Run	8:00 a.m.	Practice
Sept 3	MHFC	5:50 p.m.	Practice
Sept 5	Freedom Florence	5:50 p.m.	Practice
Sept 9	West Florence	5:50 p.m.	Practice
Sept 10	MHFC	5:50 p.m.	Practice
Sept 12	Freedom Florence	5:50 p.m.	Practice
Sept 16	West Florence	5:20 p.m.	Practice
Sept 17	MHFC	5:20 p.m.	Practice
Sept 19	Freedom Florence	5:20 p.m.	Practice
Sept 23	West Florence	5:20 p.m.	Practice
Sept 24	MHFC	5:20 p.m.	Practice
Sept 26	Freedom Florence	5:20 p.m.	Practice
Sept 28	FTC Development Meet	2:00 p.m.	Meet
Sept 30	West Florence	5:20 p.m.	Practice
Oct 1	MHFC	5:20 p.m.	Practice
Last day to sign up for Footlocker			
Oct 3	Freedom Florence	5:20 p.m.	Practice
Oct 5	Mt. Pleasant Developmental	8:00 a.m.	Meet
Oct 6	Tie Dye Party Freedom Florence	2:00 p.m.	Party
Oct 7	West Florence	5:20 p.m.	Practice
Oct 8	MHFC	5:20 p.m.	Practice
Oct 10	Freedom Florence	5:20 p.m.	Practice
Oct 12	Columbia Meet/Chapin	8:00 a.m.	Meet
Oct 14	West Florence	5:05 p.m.	Practice
Oct 15	MHFC	5:05 p.m.	Practice
Oct 17	West Florence	5:05 p.m.	Practice
Oct 19	James Island	8:00 a.m.	Meet
Oct 21	West Florence	5:05 p.m.	Practice
Oct 22	MHFC	5:05 p.m.	Practice
Oct 24	Freedom Florence	5:05 p.m.	Practice
Oct 25	Last day to sign up for State Meet		
Oct 28	West Florence	5:05 p.m.	Practice/Costume Race
Oct 29	MHFC	5:05 p.m.	Practice
Oct 31	No Practice		
Nov 4	West Florence	4:10 p.m.	Practice
Nov 5	MHFC	4:10 p.m.	Practice
Nov 7	West Florence	4:10 p.m.	Practice

Nov 11	West Florence	4:10 p.m.	Practice
Nov 12	MHFC	4:10 p.m.	Practice
Nov 14	Banquet	5:30	Pearl Moore BB Gym
Nov 16	State Meet	9:00 a.m.	TBA
Nov 18	West Florence	4:10 p.m.	Practice
Nov 19	MHFC	4:10 p.m.	Practice
Nov 21	West Florence	4:10 p.m.	Practice
Nov 23	Regional Meet	9:00 a.m.	TBA
Nov 25 – Dec 12	– TBD – Those going to Nationals will see the coaches for a practice schedule.		
Nov. 30	Footlocker South Regional	TBA	Charlotte, NC
Dec 14	Nationals	TBA	Madison, WI