

Frankfort Community HS

601 E Main St West Frankfort, IL 62896

School Phone: 618-932-3126 x:102 Fax: 618-932-6515 Email: jwebb@wfschools.org



Superintendent
Matt Donkin

Principal
Jory Dial

Athletic Secretary
Michelle Thompson

Athletic Director
Josh Webb

Varsity Cross Country (Boys-Girls) 2019-2020

<u>Day</u>	<u>Date</u>	<u>Opponent</u>	<u>Place</u>	<u>Time</u>
Tuesday	Aug. 27	Quad @ WF	Frankfort Community HS	4:30PM
Wednesday	Sep. 04	@ Murphysboro H.S.	Murphysboro H.S.	4:30PM
Tuesday	Sep. 10	@ Benton H.S.	Benton H.S.	4:30PM
Thursday	Sep. 12	Redbird Invite	Frankfort Community HS	4:30PM
Thursday	Sep. 19	@ Massac County H.S.	Massac County H.S.	4:30PM
Monday	Sep. 23	@ Nashville H.S.	Nashville H.S.	4:30PM
Tuesday	Sep. 24	@ Goreville H.S. (<i>Goreville Invite</i>)	Goreville H.S.	4:00PM
Thursday	Sep. 26	@ Benton H.S.	Benton H.S.	4:00PM
Tuesday	Oct. 01	Redbird 6+	Frankfort Community HS	4:30PM
Wednesday	Oct. 09	@ Harrisburg H.S.	Harrisburg H.S.	4:30PM
Thursday	Oct. 10	@ Pinckneyville H.S.	Pinckneyville H.S.	4:00PM
Tuesday	Oct. 15	@ Hamilton Cnty H.S.	Hamilton Cnty H.S.	4:00PM
Thursday	Oct. 17	@ Harrisburg H.S. (<i>Conference</i>)	Harrisburg H.S.	TBA
Monday	Oct. 21	@ Benton H.S.	Benton H.S.	4:00PM
Saturday	Oct. 26	OPEN DATE (<i>Regional @ WF</i>)	Frankfort Community HS	9:00AM
Saturday	Nov. 02	@ Benton H.S. (<i>Sectional @ TBA</i>)	Benton H.S.	10:00AM