



LONE OAK BUFFALOES

2023 CROSS COUNTRY SCHEDULE

Day	Date	Location	City	Teams
Saturday	8/19	Coleman Park	Sulphur Springs	HS/MS
Saturday	8/26	Norbuck Park	Dallas	HS Only
Thursday	8/31	Wolfe City HS	Wolfe City	HS Only
Saturday	9/9	Canton Trade Days	Canton	HS/MS
Thursday	9/14	Miller Grove HS	Miller Grove	HS/MS
Saturday	9/23	Lone Oak HS	Lone Oak	HS/MS
Friday	9/29	Lynn Creek Park	Grand Prairie	HS Only
Thursday	10/5	YWAM Complex	Lindale	HS Only
Saturday	10/7	Lone Oak HS (District)	Lone Oak	MS Only
Monday	10/9	Lone Oak HS (District)	Lone Oak	HS Only
Tuesday	10/24	Lynn Creek Park (Regionals)	Grand Prairie	HS Only
Saturday	11/4	Old Settler's Park	Round Rock	HS Only

Boys Head Coach - Matt Wingo
Girls Head Coach - Ryan Ocheskey
Athletic Director - Logan Turner

HS Principal - Steve Morrow
MS Principal - Shannon Wilhite
Superintendent - Janee Carter