



LaDontay Bell- Athletic Director
Jamal "Shake" Allen- B/G Head Coach

B/G CROSS COUNTRY SCHEDULE 2026

DAY	DATE	OPPONENT	TIME	TYPE	EVENT
TUES.	SEPT.1	SCRIMMAGE	4:30PM	SCRIMMAGE	ROSE TREE PARK, MEDIA PA
SAT.	SEPT. 5	ABINGTON XC INVITATION	9:00AM	NON-LEAG.	@ ABINGTON
SAT.	SEPT.12	BRIARWOOD INVITATIONAL	12:00PM	NON-LEAG.	@ BELMONT PLATEAU, PHILLY
WED.	SEPT.23	DEL VAL #1	3:30PM	LEAGUE	@ INTERBORO
WED.	SEPT. 30	DEL VAL #2	3:30PM	LEAGUE	@ PENN WOOD
WED.	OCT..7	DEL VAL #3	3:30PM	LEAGUE	@ CHICHESTER
SAT.	OCT.10	DELCO CHAMPIONSHIP	9:00AM	DELCOS	ROSE TREE PARK, MEDIA PA
WED.	OCT.21	DEL VAL CHAMPIONSHIP	3:30PM	LEAGUE	@ INTERBORO
SAT.	OCT.30	DISTRICTS CHAMPIONSHIP	9:30AM	DISTRICTS	@ LEHIGH UNIVERSITY