



CROSS COUNTRY

Cross country running is a sport in which teams and individuals run a race on open-air courses over natural terrain such as dirt or grass.

10 Reasons Cross-Country is the Best Sport!

1. Everyone Can Do It!
2. The Meets Last 30 Minutes
3. It's Inexpensive
4. Great Way To Get In Shape
5. It's An Individual Sport
6. But It Is Still A Team Sport
7. You Feel Great When You Finish
8. It Is A Rewarding Sport
9. Training Is Hardcore
10. Teammates Are Life Long Friends

Knightdale High School XC Stats:

- Girls Team won conference 2015
- Girls Team 2nd Place in Conference 2016
- 1 Girl Qualified for State meet 2016
- 1 Guy Qualified for State meet 2016

Head Coach Jason deNobel Stats:

- Ran on Leesville Road High School National Ranked XC team (8th)
- Personal Record: 16:12 for 5K
- Qualified to run in the NCHSAA state meet



Head Coach: Jason deNobel

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Remind: <https://www.remind.com/join/khscdxc>

