

**Pennsbury HS East**

705 Hood Boulevard

Fairless Hills, PA 19030

Athletics Phone: 215-949-6863 Fax 215-949-6677

**2022**

Athletic Director: Lou Sudholz

Athletic Trainer: Shan Barrett

**PHS Boys and Girls Cross Country - Varsity**

Day	Date	H/A	Opponent	Notes	Game Time	Dismiss	Depart	Depart Opponent Site
Fri	9/2/22	A	Neshaminy Invitational	at Maple Point MS	4:30 PM	1:45 PM	2:00 PM	6:00 PM
Wed	9/7/22	H	Truman		3:30 PM	--	--	--
Sat	9/10/22	A	Mill St Run	at Bristol	8:45 AM	--	7:30 AM	11:00 AM
Wed	9/14/22	H	Neshaminy		3:30 PM	--	--	--
Sat	9/17/22	A	George School Invite	Girls Only	9:00 AM	--	7:00 AM	11:00 AM
Wed	9/21/22	H	Council Rock North		3:30 PM	--	--	--
Sat	9/24/22	A	Council Rock Invite	at Tyler State Park	10:00 AM	--	8:00 AM	1:00 PM
Wed	9/28/22	A	Council Rock South	at Tyler State Park	3:30 PM	1:30 PM	1:45 PM	4:30 PM
Fri	9/30/22	A	Paul Short Invite	at Lehigh	TBA	--		
Sat	10/8/22	A	Tennent Invite		1:00 PM	--	12:00 PM	5:00 PM
Wed	10/12/22	A	Bensalem		3:45 PM	1:30 PM	1:45 PM	4:30 PM
Fri	10/21/22	A	SOL Championship - Boys	Lehigh	10:00 AM	--	7:30 AM	2:30 PM
Fri	10/21/22	A	SOL Championship - Girls	Lehigh	10:30 AM	--	7:30 AM	2:30 PM
Fri	10/28/22	A	Districts - Girls	Lehigh	10:30 AM	--	7:00 AM	2:30 PM
Fri	10/28/22	A	Districts - Boys	Lehigh	12:00 PM	--	7:30 AM	2:30 PM
Sat	11/5/22	A	States	Hershey	TBA	--	Van	Van

Boys Head Coach: Tim Cass

Boys Asst. Coach:

Girls Head Coach: Robert O'Neill

Girls Asst. Coach: Jennifer D'Angelo

Bus Departs from PHS East Gym

Last Update 10/4/22