



WFHSXC 2026



Important Dates

May 7 – 2026 Parent/Athlete Meeting!

June 8 – First day of summer practice!

July 27 – First day of official practice!

August 7 - Team Fees are due! (Please communicate with Amye Meyer westtrack24@gmail.com about fees!)

August 8 - Team time Trial at CPP at 7:30am – Board bus at West at 6:10am

Remind – athletes only @wfhsxc26

parents only @wfhsxc26p

2026 West Forsyth XC Schedule

8/8	Team Time Trial	CPP	7:30am
8/21	Cecil Hill Classic	Jacksonville, FL	6:00pm
8/29	North Georgia Championships	Commerce, GA	8:15am
9/12	Saturday Night Lights	Dalton, GA	8:10pm
9/19	Wingfoot XC	Cartersville, GA	7:10pm
10/3	Wendy's (NC)	Varsity Only	9:30am
10/9	Pickin' N Grinnin'	Jasper, GA	7:30pm
10/17	Coach Wood XC Invite	Whitesburg, GA	7:30am

** final meet for athletes not on the sectional team (14 athletes) to be determined by the coaching staff!**

Post Season Meets

10/31	GHSA Sectionals XC Meet	Commerce, GA	1:00pm
	top 14 athletes per gender to be determined by coaching staff after Coach Wood		
11/7	State – Carrollton MS	Carrollton, GA	12:30pm Boys 1:15pm Girls
	** only the top 7 will race but attendance is expected**		
11/16	<i>Banquet</i>	<i>WFHS Café</i>	<i>6pm Dinner and Awards</i>

Pasta Dinner Dates - 8/27, 9/18, 10/7, 10/15 Thursday pasta dinners for 2026!

Coach Contact – Clayton Tillery ctillery@forsyth.k12.ga.us Scott Griffith gadawq1983@comcast.net
Jason Wayne f41246@forsyth.k12.ga.us Sarah Loftus f27575@forsyth.k12.ga.us

Notes of interest...

No meets over fall break weekends or on Labor Day weekend.

Full travel trip for entire team to Florida on 8/21.

Please plan accordingly for our season. We only get 6 races in the regular season. Weekends are already set and will not change unless we have a weather-related issue. We want to support all of our athletes' academic, social, and athletic careers.

WFHS Post Season Meet – NXR – 11/21/26 at Wake Med Park – Cary, NC

WEST FORSYTH HIGH SCHOOL CROSS COUNTRY

Remind group: athletes only @wfhsxc26

parents only @wfhsxc26p

Our website: www.wfhstf.com

Instagram: wfhsxc

Summer Practice – Starts June 8 (In July we will shift to 6:30-8:00am mornings.)

M - 6:45-8:00am Fowler Park

T - 6:45-8:00am WFHS

W - 6:45-8:00am Fowler Park

T - 6:45-8:00am WFHS

F - 6:45-8:00am Fowler Park

S – We will have a meet or a planned practice at a local park.

Dead Weeks – Week #1 May 25-31 Week #2 June 29-July 5 (Capt. Led Practice this week!)

Regular season practice – Starts July 27

M - 6:15-7:30am Fowler Park

T - 6:30-7:45am WFHS

W - 6:15-7:30am Sawnee Mtn Park

T - 6:30-7:45am WFHS

F - 6:30-7:45am WFHS

S – We will have a meet or a planned practice at a local park.

** Monday and Wednesday will switch to afternoon after fall break!**

Regular Season

July 27 – (Monday) first day of mandatory season practice

August 7 – Team Fees are due

August 21 – November 7 Competition Season

Pasta Dinner Dates - 8/27, 9/18, 10/7, 10/15 Thursday pasta dinners for 2026!

August 28 – 6pm Team Outing Bowling Night!

October 17 – Final full team meet!

October 31 – Sectionals Varsity 1-7 JV 8-14 (all others season is complete)

November 7 – State Meet

We usually have 6 regular season meets that are spaced out over the fall season. On October 31 we will have our Varsity A/B at the Sectionals meet. At the October 31 meet the top 7 athletes girls/boys will participate in a 32 school meet comprised of 4 regions and will race for a qualifying spot in the 2026 GHSA State Meet in Carrollton, GA on November 7. Our State Varsity squads are comprised of the top 7 runners for boys and girls for the GHSA State Meet.

Curious of what we do and who we are? Scan this code to see a brief video from our instagram!



Scan to register for the team!