

2019-20 Cary High Athletics

Fall Schedule

Principal: Nolan Bryant

Athletic Director: Michael Dunphy

Head Athletic Trainer: Eric Hall

Assistant Athletic Trainer: Abby Bennett



Cross Country

Aug.	10	Kickoff Classic (Wake Med)	8:00 am
	21	Apex, PC (Sugg Farm)	6:00
Sept.	4	Wake Med (PC,J,R,GH,GL)	6:00
	6	Friday Night Lights @ Kernersville	6:00
	12	Wake Med (GH, PC, R)	5:00
	18	@ PC	6:00
	21	Adidas XC Challenge @ Wake Med	8:00 am
	26	Wake Med (AD, Jord, Riv.)	5:00
	28	Greensboro Invt. (Hagan Stone Park)	8:00 am
Oct.	3	Wake Med (Athens, GL, PC)	5:00
	5	Wendy's Inv. (McApline Park)	9:00 am
	10	@ Wake Med (AD,GH,J,R)	5:00
	16	@ Wake Med (AD,CG,E,PC,R)	5:00
	23	Tri-8 Championship (Varsity ONLY@ Wake Med)	10:00 am
Nov.	2	Regionals (Wake Med)	10:00am
	9	NCHSAA State Meet @ Redmon Park- Kernersville, NC	TBD

Women's Tennis

Aug.	19	@ Garner	3:30
	21	Apex Friendship	3:30
	22	Fuquay-Varina	3:30
	26	@ Heritage	3:30
	28	@ Athens Drive	3:30
	29	@ Holly Springs	3:30
Sept.	3	@ South Garner	3:30
	5	Green Hope	3:30
	9	@ Riverside	4:30
	11	Panther Creek	3:30
	12	Jordan	4:00
	16	@ Green Level	3:30
	18	@ Hillside	4:30
	19	Athens Drive	3:30
	23	@ Green Hope	3:30
	25	Riverside	4:30
	26	@ Panther Creek	3:30
	30	@ Jordan	4:30
Oct.	2	Green Level	3:30
	3	Apex	3:30
	7	Hillside	4:00
	8-10	Tri-8 Tournament @ Cary Tennis Center	1:00

Varsity Football

Aug.	10	South Garner Jamboree (S)	TBD
	16	Andy Green Memorial Scrim. vs. Knightdale	6:00
	23	@ SE Raleigh (Endowment)	7:00
	29	Apex Friendship	7:00
Sept.	6	Broughton (Cary Pop Warner Night)	7:00
	13	West Brunswick (Endowment)	7:00
	20	Holly Springs (Hall of Fame Game)	7:00
	27	Green Hope (Homecoming)	7:00
Oct.	4	@ Riverside	7:00
	11	Panther Creek (Sponsor Night)	7:00
	18	@ Jordan	7:00
	25	OPEN	
Nov.	1	@ Hillside	7:00
	8	Athens Drive	7:00

JV Football

Aug.	16	Andy Green Memorial Scrim. vs. Knightdale	6:00
	28	@ Apex Friendship	6:30
Sept.	5	@ Broughton	6:30
	12	OPEN	
	19	@ Holly Springs	6:30
	26	@ Green Hope	6:30
Oct.	3	Riverside	6:30
	10	@ Panther Creek	6:30
	17	Jordan	6:30
	24	Green Level	6:30
	31	Hillside	6:30
Nov.	7	@ Athens Drive	6:30

Women's Golf

Aug.	28	@ Lochmere- AD	3:30
Sept.	16	@ Hillandale- Jordan	2:00
	23	@ Preserve- GL	3:30
	25	@ RGA- Cary	3:30

Gymnastics

Sept.	7	Langley's Gym- Angier	9:30 am
	21	Performance Sports- F-V	TBD
October	5	Ral. School of Gym.	9:00 am
	19	TRI-8 Championships @ TAG	TBD

Men's Soccer

Aug.	13	Enloe (S)	4:30	6:30
	15	Millbrook (S)	4:30	6:30
	19	Holly Springs	4:30	6:30
	22	@ Apex	4:30	6:30
	24	Clayton (Wake Med #2)	1:00	
- NCSCA Kick-Off Classic				
	26	Broughton (E)	4:30	6:30
	28	@ Garner	4:30	6:30
Sept.	3	Fuquay-Varina	4:30	6:30
	5	@ East Wake	4:30	6:30
	9	@ Apex Friendship	4:30	6:30
	11	Leesville	4:30	6:30
	16	Green Hope	4:30	6:30
	18	@ Riverside	4:30	6:30
	19	Knightdale	4:30	6:30
	23	Panther Creek	4:30	6:30
	25	@ Jordan	4:30	6:30
	30	Green Level	4:30	6:30
Oct.	2	@ Hillside	4:30	6:30
	7	Athens Drive	4:30	6:30
	9	@ Green Hope	4:30	6:30
	14	Riverside	4:30	6:30
	16	@ Panther Creek	4:30	6:30
	21	Jordan	4:30	6:30
	23	@ Green Level	4:30	6:30
	28	Hillside (Sr. Night)	4:30	6:30
	30	@ Athens Drive	4:30	6:30

Volleyball

Aug.	13	@ Friendship Frenzy (S)	10:00 am
	19	Sanderson	4:00 5:00 6:00
	20	@ Leesville	4:00 5:00 6:00
	22	@ Fuquay-Varina	4:00 5:00 6:00
	26	East Wake	4:00 5:00 6:00
	27	Holly Springs	4:00 5:00 6:00
	28	Broughton	4:00 5:00 6:00
Sept.	3	@ Knightdale	4:00 5:00 6:00
	5	Green Hope	4:00 5:00 6:00
	10	Riverside	5:00 6:00
	12	Panther Creek	4:00 5:00 6:00
	17	@ Jordan	5:00 6:00
	19	@ Green Level	4:00 5:00 6:00
	24	@ Hillside	5:00 6:00
	26	Athens Drive	4:00 5:00 6:00
Oct.	1	@ Green Hope	4:00 5:00 6:00
	3	@ Riverside	5:00 6:00
	8	@ Panther Creek	4:00 5:00 6:00
	10	Jordan	5:00 6:00
	15	Green Level	4:00 5:00 6:00
	17	Hillside (Sr. Night)	5:00 6:00
	22	@ Athens Drive	4:00 5:00 6:00

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