2019 Hemphill Cross-Country Schedule		
Junior High and High School		
Sat. September 7th	Chester	6:00 AM
Wed. September 11th	Broaddus	1:00 PM
Wed. September 18th	West Sabine	1:30 PM
Wed. September 25th	Zavalla	1:30 PM
Sat. October 5th	Newton	8:30 AM
Wed. October 9th	Lufkin	3:30 PM
	District: Lake Tejas	TBA
	Regional	TBA