**Wed 12/11/2019** - Polar Bear (8 schools) - @ Panther-Creek HS (Events: 55H, 55, 4x200, 500, 300, 4x400, Long-Triple-High Jump, Shot Put) – Top 3 per event, 1 relay team. Starts at 3:45 PM.

**Thursday 12/12/2-19** - Polar Bear (8 schools) - @ Apex Friendship HS (Events: 4x800, 1600, 1000, 3200, Pole Vault) – Top 5 per event, 1 relay team. Starts at 3:45 PM

**Friday 1/17/2020** - Wake County Championship Invitational (20+ schools) @ JDL Fast Track Winston Salem (Top 3 on all event). Starts at 4PM

**Fri/Sat 1/17/2020 - 1/18/2020** - The VA Showcase @ Liberty University (top 2 on each event)

**Friday 1/24/2020** - JDL Invitational HS Challenge (15+ schools) @ JDL Fast Track Winston Salem (Top 4 on each event). Starts at 4PM

**Saturday 2/1/2020** - Apex Polar Bear (10 schools) @ Apex HS (Top 3 on each event). Starts at 10:30 AM

**Wednesday 2/5/2020** - Polar Bear (8 schools) @ Green Hope HS (Events: 55H, 55, 4x200, 500, 300, 4x400, Long-Triple-High Jump, Pole Vault, Shot Put) – Top 3 per event, 1 relay team. Starts at 3:45 PM

**Thursday 2/6/2020** - Polar Bear (8 schools) @ Cary HS (Events: 4x800, 1600, 1000, 3200) – Top 5 per event, 1 relay team. Starts at 3:45 PM

**Saturday 2/8/2020** - Eastern High School Challenge @ UNC Chapel Hill (Top 5 on each event). Starts at 9:30 AM

**Saturday 2/15/2020** – NCHSAA 4A STATE CHAMPIONSHIP @ JDL Fast Track Winston Salem.

