

PREP CROSS COUNTRY:

The N.C. 4A and 3A cross country meets are Saturday at McAlpine Park.

The 3A boys meet begins at 10 a.m., followed by the 4A boys at 10:30. The 3A girls begin at 11 a.m., followed by the 4A girls at 11:30.

The meet has been held in Charlotte since 1980.

"Our philosophy with the meets is to make it a showcase," said meet coordinator Larry McAfee.

Among the 4A boys favorites is Raleigh Leesville Road, the defending champions who won the Wendy's Invitational earlier this year. East Mecklenburg's boys won the N.C. 4A Western Regional last week. Another favorite is Watauga, which finished second at Wendy's.

The girls' favorites are Leesville Road, West Forsyth and Myers Park, the Western regional champion. Watauga, the defending champion, also returns.

In the 3A girls' race, Skyland Roberson's Sarah Vance Goodman has been running 17-minute times all season. She won the Wendy's meet by 42 seconds and is a candidate to make the national championship in San Diego in December.

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