



Home of the Cougars

Cross Country Schedule 2009



<u>Day</u>	<u>Date</u>	<u>Opponent</u>		<u>Place</u>	<u>Time</u>	<u>Depart</u>	<u>Return</u>
Saturday	Sept 5	Bill Springhorn Classic	*	Shasta College	9:00 am		
Friday	Sept 18	Mt. Shasta Invitational	*	Shastice Park	2:40	12:30	6:30 pm
Wednesday	Sept 30	OHS/SHS/PVHS	*	Oroville	4:00	12:30	9:00 pm
Wednesday	Oct 7	CHS/PHS/SHS	*	Chico	4:00	1:15	8:00 pm
Friday	Oct 9	West Valley CoEd Invite	*	West Valley HS	TBA	TBA	TBA
Wednesday	Oct 14	SHS	*	Caldwell Park	4:00	2:30	
Fri-Sun	Oct 16-18	Monterey Bay Invitational	#	Salinas	TBA	9:30 am	5:30 pm
Wednesday	Oct 21	RBHS	*	Foothill	4:00	2:30	6:00
Wednesday	Oct 28	EHS	*	Foothill	4:00	2:30	6:00
Thursday	Nov 5	EAL League Championships	*	TBD	2:00	10:30	7:30
Thursday	Nov 12	NSCIF Championships	*	West Valley	2:00	12:00	TBA
Saturday	Nov 28	CIF State Championships	#	Fresno	TBA	TBA	TBA

Coach: Annette Wilson

Athletic Director: Troy Wellington

Athletic Administrator: Kevin Green

Principal: Jim Bartow

Assistant Coach(s): Sean Ferguson, Ashley Marsh,

League: EAL

Mascot: cougar

Colors: Red/Silver/Black

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*** League Meets**

Denotes Elite Squad

