

## 2010 Girls Cross Country Schedule

Date	Meet	Location	Meet Start Time  (Leave Time) Subject to change	Notes
Monday August 30	3-way (Consumnes Oaks, Franklin, DC)	Elk Grove	~3:00 p.m.  (1:30 p.m.)	
Saturday September 4	Willow Hills Relays (Folsom)	Folsom High School	8:30 a.m. (Leave at 6:45 a.m.)	<b>Parents needed to work snackbar &amp; with meet</b>
Saturday September 11	Hornet Jamboree	Granite Regional Park (Sacto)	morning	
Wednesday September 15	CVC Center Meet	Granite Regional Park (Sacto)	3:30 p.m. (1:30 p.m.)	Parents needed to work finish line
Saturday September 18	Nevada Union Invitational	Nevada Union High School	8:30 a.m. (TBD)	Check with the coaches for leave time.
Friday September 24	<b><i>Bye week – (this week or previous week) practice will be held</i></b>			
Saturday October 2	Wildfire Invitational	Foresthill	9:45 a.m. <b>(Depart at 7:30 AM)</b>	<b>We'll depart from Starbucks at Dewey and Madison</b>
Saturday October 9	Castro Valley Trojan Invitational	Canyon Middle School, Castro Valley	9:00 a.m. Coaches run 10:30 Girls Frosh/Soph (leave TBD)	
Tuesday October 12	CVC Center Meet	Granite Regional Park (Sacto)	3:30 p.m. (1:30 p.m.)	Parents needed to work finish line <b>Updated Date</b>
Saturday October 16	Mariner Invitational	Hayward	9:00 a.m. (5:30 a.m.)	<b>(we may go to another meet or have bye week)</b>
Saturday October 23	<b><i>Bye week – (this week or previous week) practice will be held</i></b>			
Friday October 29	CVC Meet (Finals)	Folsom	3:00 p.m. (1:30 p.m.)	Parents needed to work finish line
Saturday November 6	Sub-Sections	Angels Camp	9:00 a.m. (6:00 a.m.)	
Saturday November 13	Sections	Folsom	8:30 a.m. (7:00 a.m.)	<b>Parents work the snackbar</b>
Saturday November 20	Optional for some	Practice/Race	About 6:30 a.m.	
Friday/Saturday November 26/27	State	Fresno	8:30 a.m. (10:30 a.m. Fri)	

**Coach Bev Marx / 916-585-3455 / [bmarx@sanjuan.edu](mailto:bmarx@sanjuan.edu)**

**Coach Michelle LaSala / 916-201-4439 / [mrunningfish@hotmail.com](mailto:mrunningfish@hotmail.com)**

<http://www.DCXC.org>