

## 2010 Boys Cross Country Schedule - Draft

Date	Meet	Location	Meet Start Time LeaveTime - Subject to change	Notes
Monday August 30	3-way (Consumnes Oaks, Franklin, DC)	Elk Grove	~3:00 p.m. (1:30 p.m.)	<b>Updated date of this event</b>
Saturday September 4	Willow Hills Relays (Folsom)	Folsom High School	8:30 a.m. (645 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/Sunday September 18/19	Woodbridge Invitational	Woodbridge High School (Irvine)	4:30 p.m. (Sat) (4:30 Sat a.m. )	
Friday September 24	Yuba Sutter Invitational	Riverfront Park (Marysville)	2:30 p.m. (11:15 a.m.)	
Friday/Saturday October 1/2	Kenny Staub Invitational	La Crescenta Park (Pasadena)	8:00 a.m. (Sat) (6:30 Fri a.m. )	<b><i>(we may go to another meet)</i></b>
Tuesday October 5	CVC Center Meet	Granite Regional Park (Sacto)	3:30 p.m. (1:30 p.m.)	Parents needed to work finish line
Friday/Saturday October 8/9	Clovis Invitational	Woodward Park (Fresno)	8:00 a.m. (Sat) (1:30 Fri p.m.)	
Saturday October 16	Mariner Invitational	Hayward	9:00 a.m. (5:30 a.m.)	<b><i>(we may go to another meet or have bye week)</i></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)	

Practice is held every Saturday morning when there is no meet.

Coaches:

Coach King (530) 753-4920 (cell – usually not on – 916-337-5066)

Coach Lowrey 916-344 4418

Susan Grinstead 916-813-5131 (e-mail [susangsac@comcast.net](mailto:susangsac@comcast.net))

Transportation – Katie Nevins – home – 916- 965-8427 (cell 916-952-5309)

**We communicate often via e-mail - please be sure we have your email address**

CVC – Capital Valley Conference - <http://www.cvcleague.com/>

Website: [www.dcxc.org](http://www.dcxc.org)