



Cross Country Schedule 2009

Date	Meets	Location	Time
September 15	Practice Begins Practice Tuesday/Thursday	@LOMS	3:00
October 3	Mountain Goat Challenge	@ Judkins	8:30
October 13	Mesa Challenge	@Nipomo Reg. Park	2:45
October 20	Paulding	@ Paulding	2:45
TBA	MBHS Fun Run	@Baywood	Morning

Cross Country Practice Ends October 15, 2009

Have a Great Season

If you would like to run in the meets the cost is @ \$3.00 – \$6.00