

2009 SLUH CROSS COUNTRY

2008 Conference, District and Sectional Champions

<u>Date</u>	<u>Contest</u>	<u>Levels</u>	<u>Location</u>	<u>Time</u>
F.	9/4 First Capitol Invitational	V, JV	Mc Nair Park	4:30 p.m.
S.	9/12 Forest Park XC Festival	V, JV, C	Forest Park	9 a.m.
Th.	9/17 Parkway Cent. Invitational	V	Parkway Central	4 p.m.
S.	9/19 Enke Invitational	V, JV, C	Sioux Passage Park	9 a.m.
F.	9/25 Ed White Warrior Invite	V, JV	Fox High School	4 p.m.
S.	9/26 Rim Rock Invitational	V, JV	Lawrence, KS	T.B.A.
F.	10/2 Jorgenson Memorial Invite.	V, JV	Ladue Jr. High	4 p.m.
S.	10/10 M.C.C Championship	V, JV, C	Chaminade	10 a.m.
S.	10/17 Borgia Invitational	V, JV	Big Driver Golf Center	10 a.m.
W.	10/21 Hazelwood B/C Invit.	B. C	Sioux Passage	4 p.m.
F.	10/23 Clayton Invitational	V, JV	Shaw Park	4 p.m.
S.	10/24 District Meet	V	Parkway Central	T.B.A.
W.	10/28 Findley JV/C Invitational.	JV, C	Forest Park	4:30 p.m.
S.	10/31 Sectional Meet	V	Forest Park	TBA
S.	11/7 State Meet	V	Jefferson City	TBA

(Times are for Varsity races unless otherwise listed.)

Assistant Coaches: Tom Flanagan, Joe Porter, Brian Gilmore, Michael Koenigs
Head Coach: Jim Linhares
Principal: Dr. John Moran
President: Mr. David Laughlin
Athletic Director: Dick Wehner
Phone: XC Office & Team Hotline: 531-0330 ext. 289

Visit the SLUH XC Team Website: www2.sluh.org/sluhxc/