



Cross Country

<u>Date</u>	<u>School</u>	<u>Location</u>	<u>Dismissal</u>
Thur Sept 10	West Ortho Invitational (Pre Conference)	Expo	1:40
Thur Sept 17	Cascade	Cascade	2:30
Thur Sept 24	Lorna Byrne	Illinois River Forks State Park	1:30
Thur Oct 1	Lincoln Savage	Lincoln Savage	2:05
*Thur Oct 8	Madrone Trail	Wes Howard Field	3:00
Thur Oct 15	Conference Championship	Expo	12:47

Girls Race at 4:30

Boys Race at 5:00

Coaches: Alex Grover, Charles Hadley, Melissa Telford

Pictures: 9/28

***Academic Hold Out: 10/8**