

2009 Cross Country Schedule

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Race Time</u>	<u>Start/Finish/Leave School</u>	<u>Return</u>
Tue Aug 25	Practice	RCS		3:15	4:15
Thurs Aug 27	Practice	RCS		3:15	4:15
Fri Aug 28	Practice	RCS		3:05	3:45
Mon Aug 31	Practice	RCS		3:15	4:15
Tue Sept 1	Practice	RCS	<u>Physicals Tomorrow (2nd)</u>	3:15	4:15
Thurs Sept 3	Practice	RCS		3:05	3:45
No practice Friday or Monday due to Labor Day break					
Tue Sept 8	Practice	RCS	<u>Commitment Day</u>	3:15	4:15
No practice Thursday or Friday due to 7th and 8th grade retreat.					
Mon Sept 14	Practice	RCS		3:15	4:15
Tue Sept 15	Practice	RCS		3:15	4:15
Thurs Sept 17	Practice	RCS	NO PRACTICE FRIDAY	3:15	4:15
Sat Sept 19	Nunnally Inv	RCCMV²	8:20 am	7:00	10:30
Mon Sept 21	Practice	RCS		3:15	4:15
Tue Sept 22	Practice	RCS		3:15	4:15
Thurs Sept 24	Practice	RCS	NO PRACTICE FRIDAY	3:15	4:15
Sat Sept 26	Tri-Co Inv	CCMV³	8:20 am	7:00	10:30
Mon Sept 28	Practice	RCS		3:15	4:15
Tue Sept 29	Practice	RCS		3:15	4:15
Thurs Oct 1	Practice	RCS		3:15	4:15
Fri Oct 2	Practice	RCS		3:05	3:45
Mon Oct 5	Practice	RCS		3:15	4:15
Tue Oct 6	Meet #1	RCCMV²	3:20	2:00	5:30
Thurs Oct 8	Practice	RCS/Sylvan Park		3:15	4:15
Fri Oct 9	Practice	RCS		3:05	3:45
Mon Oct 12	Practice	RCS/Sylvan Park		3:15	4:15
Tue Oct 13	Meet #2	Sylvan Park⁴	3:20	2:30	4:30
Th Oct 15	Practice	RCS		3:15	4:15
Fri Oct 16	Mt SAC	Mt SAC⁵ (Non-League) TBA		TBA	TBA
Tue Oct 20	Meet #3	Ab Brown¹	3:20	2:00	5:30
Thurs Oct 22	Practice	RCS		3:15	4:15
Fri Oct 23	Practice	RCS		3:05	3:45
Mon Oct 26	Practice	RCS/Sylvan Park		3:45	4:45
Tue Oct 27	Meet #4	Sylvan Park⁴	3:20	2:30	4:30
Thurs Oct 29	Practice	RCS		3:15	4:15
Sat Nov 1	League Championship	CCMV³	8:20	7:00	10:30
(Tues Nov 3 Rain date for League Championships)					
Thurs Nov 5 Cross Country Party at Uncle Howie's Pizza					

¹ Ab Brown Soccer Complex - 3700 Placentia Ln, Riverside

² Riverside Community College Moreno Valley Campus - 16130 Lasselle St, Moreno Valley

³ Calvary Chapel - 11960 Pettit St, Moreno Valley

⁴ Sylvan Park - Colton & University, Redlands

⁵ Mount San Antonio College 6 1100 Grand Ave, Walnut, CA