

COUGAR CROSS COUNTRY



2009 Season Schedule



- Tues. Sep 1st, 5:30pm..... PARENT MEETING @ CHS Library, Moraga*
- Fri. Sep. 4th, 3:30pmPre-season Meet "Little Ed Scrimmage" @ Hidden Valley Park, Martinez*
- Sat. Sep. 12th, 8:30am Ed Sias Invitational @ Hidden Valley Park, Martinez*
- Sat. Sep. 19th, 8:30am Nike Invitational @ Newhall Park, Concord*
- Sat. Sep. 26th, 9am Stanford Invitational*** @ Stanford Golf Course, Palo Alto*
- Wed. Sep. 30th, 3:30pm..... DFAL Tri-Meet vs
Acalanes, Dougherty Valley & Dublin.....@ Hidden Valley Park, Martinez**
- Sat. Oct. 3rd, 9am Orienteering Championships..... @ Hidden Valley Park, Martinez*
- Wed. Oct. 14th, 3:30pmDFAL Tri-Meet vs
Dougherty Valley & Miramonte.....@ MHS, Orinda**
- Fri. Oct. 16th, 1pm Roughrider Invitational..... @ Woodward Park, Fresno*
- Sat. Oct. 24th, 9am 1 Mile / 2 Mile Team Time Trials..... @ CHS Track, Moraga*
- Wed. Oct. 28th, 3:30pmDFAL Tri-Meet vs
Alhambra, Dougherty Valley, Las Lomas@ Shell Ridge, Walnut Creek**
- Sat. Nov. 7th, 1pm DFAL Championship Meet@ Hidden Valley Park, Martinez*
- Sat. Nov. 21st, 9amNorth Coast Section Championships***.. @ Hayward High Schl, Hayward*
- Sat. Nov. 28th, 9amState Championships***@ Woodward Park, Fresno*
- Tues. Dec. 1st, 5:30pm AWARDS NIGHT@ CHS Cafeteria & Theater, Moraga*

***Varsity ONLY Competition.



Head Coach: **Chuck Woolridge** Principal: **Carol Kitchens** Athletic Director: **Bob Wilson**

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