

# La Costa Canyon High School

## 2009 CROSS COUNTRY – VARSITY & JUNIOR VARSITY

| DAY     | DATE     | OPPONENT                     | SITE                      | TIME |
|---------|----------|------------------------------|---------------------------|------|
| SAT     | 09/12    | BRONCO ROUNDUP               | KIT CARSON PARK           | TBA  |
| SAT     | 09/19    | MT. CARMEL INVIT.            | Morley Field, Balboa Park | TBA  |
| FRI     | 10/02    | MISSION HILLS                | MISSION HILLS             | 3:15 |
| FRI     | 10/09    | SAN PASQUAL                  | SAN PASQUAL               | 3:15 |
| SAT     | 10/17    | SO. CALIF. INVITATIONAL      | GUAJOME PARK              | TBA  |
| FRI/SAT | 10/23-24 | MT. SAC INVITATIONAL         | MT. SAC                   | TBA  |
| FRI     | 10/30    | TORREY PINES                 | SAN DIEGUITO PARK         | 3:15 |
| FRI     | 11/06    | ESCONDIDO / FALLBROOK        | FALLBROOK                 | 3:15 |
| SAT     | 11/14    | NC CONFERENCE FINALS         | QUAJOME PARK              | TBA  |
| SAT     | 11/21    | CIF FINALS /State Qualifying | Morley Field, Balboa Park | TBA  |
| SAT     | 11/28    | STATE MEET                   | Woodward Park, Fresno     | TBA  |

HEAD COACH:

Assistant Coach:

ATHLETIC DIRECTOR:

EQUIPMENT:

Bill Vice

Edward Cantu

John Labeta

Cathy Bassett

COLORS:

NICKNAME:

TRAINER:

TEAM PHYSICIAN:

Green, Navy, Gold

Mavericks

Catherine Bates

Dr. Gregory Loren

Revised Date: 6/15/2009