



2009 CROSS COUNTRY FROSH-SOPH-JV SCHEDULE

Monday	8/17	Practice begins			
Thursday	8/27	Castro Valley Scrimmage	Canyon Middle School	Castro Valley	4:00 p.m.
Saturday	8/29	Alumni Run	Heather Farms Park	Walnut Creek	10:00a.m.
Tuesday	9/8	Monte Vista Invitational	Oak Hills Park	Danville	4:00 p.m.
Saturday	9/12	Ed Sias Invitational	Hidden Valley Park	Martinez	8:00 a.m.
Saturday	9/19	Nike Invitational	Newhall Park	Concord	8:00 a.m.
Saturday	10/3	Scott Bauhs Invitational	Shadow Cliffs Park	Pleasanton	9:00 a.m.
Wednesday	10/7	EBAL Center Meet #1	Oak Hills Park	Danville	4:00 p.m.
Saturday	10/10	Castro Valley Invitational	Canyon Middle School	Castro Valley	9:00 a.m.
Wednesday	10/21	EBAL Center Meet #2	Shadow Cliffs Park	Pleasanton	4:00 p.m.
Saturday	10/24	Mt. SAC Invitational**	Mt. San Antonio JC	Walnut	8:00 a.m.
Thursday	10/29	DLS/CHS Scrimmage	Heather Farms Park	Walnut Creek	4:00 p.m.
Saturday	11/7	EBAL League Championship	Oak Hills Park	Danville	1:00 p.m.
Saturday	12/5	Foot Locker Regional Meet**	Mt. San Antonio JC	Walnut	7:30 a.m.
Tuesday	12/8	Team Banquet	Hofmann Center	De La Salle	6:00 p.m.

**Selected runners only

Head Coach: John Pelster
(925) 288-8114 or pelsterj@dlshs.org
Assistant Coach: Mary Yonekawa

Principal: Br. Christopher Brady
President: Mark DeMarco
Athletic Director: Leo Lopez

August 25, 2009