



## 2009 CROSS COUNTRY VARSITY SCHEDULE

Monday	8/17	Practice begins			
Saturday	8/29	Alumni Run	Heather Farms Park	Walnut Creek	9:00a.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	9/26	Stanford Invitational	Stanford University	Palo Alto	10:00 a.m.
Wednesday	10/7	EBAL Center Meet #1	Oak Hill Park	Danville	4:00 p.m.
Friday	10/10	Clovis Invitational	Woodward Park	Fresno	8:00 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	7:30 a.m.
Saturday	11/7	EBAL League Championship	Oak Hill Park	Danville	1:00 p.m.
Saturday	11/21	NCS Championship	Hayward High School	Hayward	9:00 a.m.
Saturday	11/28	CIF State Championship	Woodward Park	Fresno	9:00 a.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.

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

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

6/26/09