

MISSION HILLS CROSS COUNTRY

2009 Cross Country Schedule

Date	Day	Meet	Notes	Location	Time
12-Aug	Wednesday	First Official Day of Practice	<i>Transportation and physical must be taken care of by this date!</i>	Top of Hollandia Park	3:20
5-Sep	Friday	Cal State 4x1.5 mile Relay	<i>Running over hay bales. European style!</i>	Cal State San Marcos	3:00
12-Sep	Saturday	Morro Bay Invite	<i>Top 7 guys and girls from inner squad meet</i>	Morro Bay, San Luis Obispo	Friday, TBA
19-Sep	Saturday	Mt Carmel Invite		Morley Field, San Diego	8:00
26-Sep	Saturday	Mission Hills "Showdown at Sundown"	<i>We are hosting this...Everyone will be working hard for 2 days</i>	MHHS/Hollandia Park	3:15
2-Oct	Friday	Dual vs La Costa Canyon		Mission Hills High	3:15
9-Oct	Friday	Dual vs Fallbrook		Mission Hills High	3:15
23-Oct	Friday	Kit Carson Invite		Kit Carson Park, Escondido	3:40
24-Oct	Saturday	Mt. SAC Invite (Varsity Only)	<i>Top 7 guys and girls from previous meet</i>	Mt. SAC, Walnut, CA	
30-Oct	Friday	Dual vs Escondido		Jesmond Dene Park	3:15
6-Nov	Friday	Dual vs San Pasqual/Torrey Pines		Kit Carson Park, Escondido	3:15
14-Nov	Saturday	League Finals (Varsity Only)		Kit Carson Park, Escondido	
21-Nov	Saturday	CIF Finals (Varsity Only)	<i>Top 3 teams and top 5 individuals not already going as part of a team, qualify for state.</i>	Morley Field, San Diego	
28-Nov	Saturday	State Meet (Qualifying Athletes only)		Woodward Park, Fresno	