

Cross Country Schedule

2010 Season (M.S.M.S.A.C.)

MON/August 9 th	CONDITIONING BEGINS	
MON/August 23 rd	Cross Country Season Begins	
WED/September 1 st	Coaches Mixer @ River Trails	5:00pm
WED/September 1 st	CC Coaches Meeting @ River Trails (Hosted by MacArthur)	After Mixer @5:30pm
TUES/September 7 th	London @ Holmes	4:00pm
	MacArthur @ Cooper	4:00pm
	River Trails @ St Peter	4:00pm
WED/September 8 th	Lincoln @ MacArthur	4:00pm
MON/September 13 th	London @ MacArthur	4:00pm
TUES/September 14 th	Lincoln @ River Trails	4:00pm
	Holmes @ St Peter	4:00pm
THUR/September 16 th	River Trails @ Cooper	4:00pm
	St Peter @ MacArthur	4:00pm
	Lincoln @ London	4:00pm
MON/September 20 th	Holmes @ Cooper	4:00pm
TUES/September 21 st	MacArthur @ River Trails	4:00pm
	St Peter @ Lincoln	4:00pm
THUR/September 23 rd	Cooper @ London	4:00pm
	Holmes @ Lincoln	4:00pm
TUES/September 28 th	MacArthur @ Holmes	4:00pm
	London @ River Trails	4:00pm
	Cooper @ St Peter	4:00pm
THURS/September 30 th	River Trails @ Holmes	4:00pm
	St Peter @ London	4:00pm
MON/October 4 th	Cooper @ Lincoln	4:00pm
WED/October 6 th	Conference Meet @ Melas Park	4:00pm
THURS/October 7 th	Rain Date for Conference Meet	4:00pm
SAT/October 9 th	Sectional Meet	TBA
SAT/October 16 th	State Meet	TBA