



PRESTON CROSS COUNTRY
400 Preston Drive
Kingwood, WV 26537

Paul Martin - Head Boys Coach
Brian Miller - Head Girls Coach
Paul Sines - Assistant Coach

2009 CROSS COUNTRY SCHEDULE

<u>DATE</u>	<u>LOCATION</u>	<u>TIME</u>
Sat., Aug. 29	Knight Night XC Relays Preston High (Kingwood, WV)	7:00 p.m.
Wed., Sept. 2	N.C.A.C. @ North Marion North Marion High (Rachel, WV)	4:30 p.m.
Sat., Sept. 5	Chick-Fil-A Invitational Wood County 4-H Camp (Mineral Wells, WV)	10:30 a.m.
Sat., Sept. 12	* Geico Classic Cabell Midland High (Ona, WV)	10:00 a.m.
Sat., Sept. 19	Mountaintop Combo Preston High (Kingwood, WV)	9:30 a.m.
Tues., Sept. 22	Broadford Invitational Broadford Lake Park (Oakland, MD)	4:30 p.m.
Wed., Sept. 30	N.C.A.C. @ Elkins Davis & Elkins College (Elkins, WV)	4:30 p.m.
Sat., Oct. 3	Park Fall Classic Wheeling Park High (Wheeling, WV)	9:00 a.m.
Wed., Oct. 14	NCAC XC Championship Apple Valley G.C. (White Hall)	4:30 p.m.
Thur., Oct. 22	Region I AAA XC Championship Apple Valley G.C. (White Hall)	4:30 p.m.
Sat., Oct. 31	* W.V. State AAA XC Championship Cabell Midland H.S. (Ona)	10:00 a.m..

* Overnight Trip

www.PrestonAthletics.com