



SOUTHERN ATHLETICS

Matt Redinger, Athletic Director

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CROSS COUNTRY

2010

Girls Coach: Steve Cosner

Boys Coach: Scott Winters

<u>Day</u>	<u>Date</u>	<u>Opponent</u>	<u>Location</u>	<u>Time</u>	<u>Depart</u>
Sat.	Sept. 4	Interstate Classic	Clear Spring HS	9AM	6AM
Tue.	Sept. 7	Frankfort Invite	Frankfort HS	4PM	2:00
Sat.	Sept. 11	Mtn. Top Combo	Preston HS	9AM	7AM
Tue.	Sept. 14	Mountain Ridge	Parris Glend. Park	4PM	2:00
Tue.	Sept. 21	Broadford Invite	Home	4PM	
Sat.	Sept 25	Don Swiger Invite	Hampshire HS	8AM	6AM
Thu.	Sept. 30	AMAC Meet	Hampshire HS	4PM	1:30
Sat.	Oct. 2	Frank Keyser Invite	Boonsboro HS	9AM	6AM
Tue.	Oct. 5	Keyser	Keyser HS	4PM	2:30
Thu.	Oct 7	Tucker County	Canaan Valley	4PM	2:00
Sat.	Oct. 23	Pumpkin Run	Home	11AM	
	Nov. 4/5	Regionals	Williamsport	3PM	TBA
Sat.	Nov. 13	State Meet	Hereford HS	TBA	TBA