

Conestoga Senior High School

2010 Girls' & Boys' Cross Country Schedule (TENTATIVE!)

Regular Season Central League Meets (boys will precede girls)

Invitational Meets

Post-Season Meets

DATE	MEET	LOCATION	START	BUS
AUGUST				
Sat	14	1st Conestoga XC/TF Alumni 5k	Mill Road Park	9AM (?) N/A
Mon	16	FIRST DAY OF PRACTICE		
Wed	25	Unionville, W.C. Rustin (scrim)	MILL ROAD PARK	6:00 pm N/A
SEPTEMBER				
Sat	4	OFF		
Fri	10	Bottle & Cork 5k/10 miler	Travel to Dewey Beach	
Sat	11	Bottle & Cork 5k/10 miler	Dewey Beach	
Wed	15	U. Darby/G. Valley/Harrinton	At Upper Darby H.S.	4:00 2:40
Sat	18	Briarwood Invitational	Belmont Plateau, Philly	10:00 7:00/11
Sun	19	Philly Distance Run (Fundraiser)	Water Station	5:30AM n/a
Wed	22	Lower Merion & Ridley	MILL ROAD PARK	4:00 2:40
Sat	25	24th Council Rock Invitational	Tyler State Park, PA	10:00 7:30
Wed	29	Radnor & Penncrest	At Penncrest H.S.	4:00 2:40
OCTOBER				
Fri	1	Paul Short Run	Lehigh University	3:00 TBD
Wed	6	Strath Haven & Marple Newtown	MILL ROAD PARK	4:00 2:40
Sat	9	38th Manhattan College Invt.	Van Cortlandt Park, Bronx	TBD TBD
Wed	13	Haverford & Springfield	At Coopertown Elementary	4:00 2:40
SAT	16	Team Practice	To Be Determined	
Sat	23	Central League Championship	Rose Tree Park, Media	2:00 11:30
Fri	29	PIAA District I Championship	Lehigh University	10:30 7:00
NOVEMBER				
Fri	5	PIAA State Championship (travel)	Hershey, PA	tbd tbd
Sat	6	PIAA State Championship	Hershey, PA	tbd tbd

Updated 06.21.10

* PLEASE CHECK StogaTrackXC.com often for schedule updates and changes *

