

August 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					1 No Contact Balboa 8mi/3mi Run www.sdtc.com	2 No Contact
3 No Contact Week 10 Pre-season XC	4 No Contact	5 No Contact	6 No Contact	7 No Contact	8 No Contact	9 No Contact
10 Week 1 Official Season	11	12 Official start of X- Country practice	13	14	15 Lake Miramar	16 AFC Half Marathon/5K www.afchalf.com
17 Week 2	18	19	20	21	22	23
24 Week 3	25	26	27	28	29	30
31 Week 4						

September 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1	2	3	4	5 Vaquero Invite, Lakeside, CA Frosh/JV only	6
7 LABOR DAY Week 5	8	9	10	11	12 Bronco Invite Escondido, CA	13
14 Week 6	15	16	17	18	19 Mt Carmel Invite Morley Field	20
21 Week 7	22	23	24	25	26 Stanford Invite Palo Alto, CA	27
28 Week 8	29	30				

October 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1	2 Ramona, WV @ SM Tri Meet	3	4
5 Week 9	6	7	8	9 WV, Oceanside @VC Tri Meet	10	11
12 Week 10	13	14	15	16	17 So Cal Invite - Guajome Lakes Park	18
19 Week 11	20	21	22	23 Kit Carson Invite Escondido, CA	24 Mt SAC Invite Walnut, CA	25
26 Week 12	27	28	29	30 Orange Glen, Mt Carmel @ WV Tri Meet	31	

November 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						1
2 Week 13	3	4	5	6 Del Norte vs WV Dual Meet	7	8
9 Week 14	10	11 VETERAN'S DAY	12	13	15 North County Conference Championships	
16 Week 15	17	18	19	20	22 SD Section CIF Championships	
23 Week 16	24	25	26 THANKSGIVING	27	29 CIF State Meet Fresno, CA	
30						