

2009 Cross Country Schedule

Saturday, September 5 *JV and *V – 8:00am	<i>HSU Invitational</i>	Sea Bee Park
Saturday, September 12 *JV and *V - 8:45am	<i>McMurry Invitational</i>	Nelson Park
Saturday, September 19 *JV and *V – 8:00am	<i>HSU</i>	Sea Bee Park
Saturday, September 26 *V only - 1:00pm	<i>Lubbock Invitational</i>	Mae Simmons Park
Saturday, October 3 *V and *JV – 9:00am - Rolling Start	<i>Jim Ned</i>	Jim Ned CISD Sports Complex
Saturday, October 10 *JV – 9:40am *V - 10:40am	<i>ACU (Naimadu Collegiate/HS XC Classic)</i>	Grover Nelson Park
Thursday, October 15 *JV and *Varsity – 3:30pm	<i>Burkburnett Classic</i>	Wichita Falls-Lucy Park
Tuesday, October 20	<i>Baird Cross Country Meet</i>	Shady Oaks Golf Course
Thursday, October 29	<i>District 4-4A</i>	Lubbock-Mae Simmons
Saturday, November 7	<i>Regional Meet</i>	Lubbock-Mae Simons
Saturday, November 14	<i>State Meet</i>	Round Rock-Old Settlers Park

HSU Invitational –

When: Saturday September 5th and 19th 2009

Time: 8:00am

Where: Sea Bee Park – FM 600 (West Lake Rd.), Take exit 286C off of Interstate 20 and drive north approximately 3.3 miles. The park is on your right.

Course: The course will be a one mile loop on grass with one short street crossing. The course will be clearly marked and there will be *barriers to jump* on the course.

McMurry Invitational –

When: Saturday, September 12, 2009

Time: College starts at 8:30 am, and high school girls immediately follow.

Where: Grover Nelson Park (next to Abilene Zoo) – located on S. 11th (HWY 36) and Loop 322 across S. 11th from the Expo Center.

Course: 95% Grass around three small lakes/large ponds with some pavement crossings. The course is flat and fast. A two mile outer loop will be used in different ways to make the correct distance.

ACU (Naimadu Collegiate and High School XC Classic –

When: Saturday, October 10, 2009

Time: 10:40am

Where: Grover Nelson Park (Next to Abilene Zoo). Located on Sth 11th (Hwy 36) from the Expo Center.

Course: 95% grass around a few small lakes, some road and pavement crossings. The course is flat and fast. A two mile outer loop will be used in different ways to make the correct distance.

Burkburnett Cross Country 5K/3K Classic –

When: Thursday, October 15, 2009

Time: First Race Begins @ 3:30 pm.

Where: Lucy Land Pavilion @ Lucy Park (Wichita Falls)

Lucy Park is located North of Highway 277 West. Exit on Sunset Drive.

Course: Girls- 3K meters

*Course is flat with some hills, dirt & mowed grass surface.

Jim Ned –

When: Saturday, October 3, 2009

Time: 9:00am Rolling Start

Where: JIM NED CISD SPORTS COMPLEX, located on the Tuscola-Jim Med CISD campus.