

Delta Charter High School Cross Country 2009 Meet Schedule

Meet City Date
 Flame Invitational Lodi Wed. 9/2

Mens Races		Womens Races	
1.8 Miles Frosh	3:50 PM	1.8 Miles Frosh	3:30 PM
1.8 Miles Soph	4:30 PM	1.8 Miles Soph	4:10 PM
3.2 Miles Varsity	5:30 PM	3.2 Miles Varsity	5:00 PM

Sierra Invite Modesto Sat. 9/12

Mens Races		Womens Races	
2 Miles Frosh/Soph	9:00 AM	2 Miles Frosh/Soph	9:35 AM
5,000 Meters Varsity	10:10 AM	5,000 Meters Varsity	10:45 AM
2 Miles Junior Varsity	11:25 AM	2 Miles Junior Varsity	11:25 AM

Trojan XC Invite Folsom Sat 9/19

Mens Races		Womens Races	
2,000 Meters Youth race (ages 10-14)	8:30 AM	2,000 Meters Youth race (ages 10-14)	8:30 AM
3,300 Meters Frosh/Soph	9:30 AM	3,300 Meters Frosh/Soph	9:00 AM
5,000 Meters Varsity	10:45 AM	5,000 Meters Varsity	10:00 AM
5,000 Meters Junior Varsity	11:50 AM	5,000 Meters Junior Varsity	11:15 AM

Escalon Invitational Escalon Wed. 10/7

Mens Races		Womens Races	
5,000 Meters Varsity		5,000 Meters Varsity	
5,000 Meters Junior Varsity		5,000 Meters Junior Varsity	

Bronco Invite Folsom Sat 10/17

Mens Races		Womens Races	
2,800 Meters Middle School	8:30 AM	2,800 Meters Middle School	8:33 AM
3,400 Meters Freshman Small	9:00 AM	3,400 Meters Freshman Large	9:03 AM
3,400 Meters Freshman Large	9:30 AM	3,400 Meters Freshman Small	9:33 AM
3,400 Meters Sophomore Small	10:00 AM	3,400 Meters Sophomore Large	10:03 AM
3,400 Meters Sophomore Large	10:30 AM	3,400 Meters Sophomore Small	10:33 AM
5,000 Meters Varsity Small	11:00 AM	5,000 Meters Varsity Large	11:04 AM
5,000 Meters Varsity Large	11:45 AM	5,000 Meters Varsity Small	11:49 AM
5,000 Meters Junior Varsity	12:30 PM	5,000 Meters Junior Varsity	12:35 PM