

Waterloo West High School
2010 GIRLS' CROSS COUNTRY

(updated 8/09/10)

<u>Day</u>	<u>Date</u>	<u>Opponent/Event</u>	<u>H/A</u>	<u>Time</u>
Thursday	8/26/10	Marshalltown Invite (B&G)	A	5:00 PM
Thursday	9/2/10	Charles City Invite (G)	A	4:30 PM
Tuesday	9/7/10	Waverly-Shell Rock (G)	A	5:00 PM
Saturday	9/11/10	Luther Invite @ Decorah (G)	A	9:30 AM
	9/23/10	Mason City Invitational (G)	A	5:00 PM
Thursday	9/30/10	Metro Meet (B&G) @ Bontrager Park	H	4:30 PM
Thursday	10/7/10	MVC Super Meet (B&G) @ Linn- Mar	A	3:30 PM
Thursday	10/14/10	MVC Divisional Meet (B&G) @ Cedar Rapids Washington	A	3:30 PM
Thursday	10/21/10	District Meet (B&G)	TBA	TBA
Saturday	10/30/10	State Meet @ Fort Dodge (B&G)	A	10:00 AM
Saturday	11/6/10	All-Star Meet @ Ames	A	TBA

Girls' Head Coach: Ralph Longus