

CROSS COUNTRY 2009

August 29-Borger

September 5-Plainview

September 12-Amarillo
High School

September 19th Plainview
Middle/High School
Depart- 6:05am. Return- 2:00

September 26th - Lubbock
High School
Depart 6:45am. Return 2:30

October 3rd - Friona
Middle /High School
Depart 6:20am Return 2:45

October 10th – Canyon
Middle/High School
TBA

October 17th – WTAMU
High School-maybe MS
TBA

October 26th
District @ Spearman
Middle /High School

November 7th – Regionals
Lubbock

November 14th – State
Georgetown

Boys:

Javier Fuetes-Jr.

Tony Surace-Soph

Zach Martinez-Sr.

Chris Marrs-Fresh

Dakota Sharp- Fresh

Girls:

Shayla Adams-Fresh

Sierra Hobbs-Jr.

Nicole Holland-Fresh

Jackie Thompson-Sr

Kessa Bybee-Manager

Prac:

7:10 AM

3-5 mile run

3:50-5:00

Workout

Try to be picked up by 5 if at
all possible PLEASE