



# The Woodlands High School

## Lady Highlander



### '09 CROSS COUNTRY SCHEDULE

<b>Date</b>	<b>Day</b>	<b>Event</b>	<b>Location</b>
Aug. 20 <sup>th</sup>	Thr.	Pot Luck Kick Off Meal	TWHS Cafeteria
Aug. 21 <sup>st</sup>	Fri.	IntraSquad Meet <small>**Swim Party to follow</small>	The Woodlands HS track
Aug. 28 <sup>th</sup>	Fri.	Friday Night Lights	Bear Branch Fields- The Woodlands
Sept. 3 <sup>rd</sup>	Thr.	Montgomery Moonlight Madness <small>(non Varsity only)</small>	Montgomery HS Stadium
** Sept. 11 <sup>th</sup>	Fri.	McCullough Jr. High Invitational <small>**Athletes will not compete at this meet; however, all athletes are expected to attend and assist at this meet</small>	McCullough HS
Sept. 12 <sup>th</sup>	Sat.	OakRidge Invitational <small>(non Varsity only)</small>	OakRidge HS
Sept. 19 <sup>th</sup>	Sat.	Woodbridge XC Invite <small>(top 14 athletes only)</small>	Woodbridge HS, Los Angeles, CA
Sept. 26 <sup>th</sup>	Sat.	Andy Wells Invitational	Kingwood HS
Oct. 3 <sup>rd</sup>	Sat.	Round Rock State Meet Preview	Old Settler's Park, Round Rock
Oct. 10 <sup>th</sup>	Sat.	Nike South Invitational	Bear Branch Fields- The Woodlands
Oct. 17 <sup>th</sup>	Sat.	Puma College Park Invitational	College Park HS
Oct. 23 <sup>rd</sup>	Fri.	Magnolia Invitational <small>(non Varsity only)</small>	Burroughs Park-Tomball
Oct. 29 <sup>th</sup>	Thr.	District CC Meet	Lufkin HS
Nov. 7 <sup>th</sup>	Sat.	Regional CC Meet	Vandergriff Park-Arlington
Nov. 14 <sup>th</sup>	Sat.	State CC Meet	Old Settler's Park- Round Rock
Nov. 21 <sup>st</sup>	Sat.	Nike Regional Meet	Bear Branch Fields- The Woodlands
Dec. 5 <sup>th</sup>	Sat.	Nike Cross Nationals <small>(top 7 only)</small>	Portland, Oregon

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