

Date	Start	Event Name	Location
Sat 09/04/2010	5:00 am	Jefferson City Invitational	Cole County Fair Grounds
Sat 09/11/2010	6:30 am	Forest Park	Forrest Park
Mon 09/13/2010	2:45 pm	Cross Country Practice at West City Park	West City Park Festus
Sat 09/18/2010	6:00 am	Fulton Cross Country Meet	Fulton Sr. High
Sat 09/18/2010	6:00 am	Sioux Passage Meet	Sioux Passage Park
Wed 09/22/2010	2:45 pm	Jefferson Barracks Park	Jefferson Barracks Park
Sat 09/25/2010	6:45 am	Jefferson Barracks Affton Invitational	Jefferson Barracks Park
Sat 10/02/2010	7:00 am	Cape Notre Dame Invitational	Cape Notre Dame High School
Mon 10/11/2010	2:45 pm	Cross Country Practice at West City Park	West City Park Festus
Sat 10/16/2010	7:15 am	Conference Cross Country Meet	West City Park Festus
Mon 10/25/2010	2:45 pm	Jefferson Barracks Park	Jefferson Barracks Park
Sat 10/30/2010	8:30 am	Districts Meet	Jefferson Barracks Park
Fri 11/05/2010	7:00 am	State Cross Country Meet	Jefferson City
Sat 11/06/2010	All Day	State Cross Country Meet	Jefferson City