

P.A.L. Cross Country  
2009 Schedule

<u>Date</u>	<u>Time</u>	<u>Location</u>
Sun, Sept 20 <sup>th</sup> (Practice Meet)	4:00pm	Granite Regional Park
Fri, Oct 2 <sup>nd</sup> (Practice Meet)	4:30pm	Granite Regional Park
Sun, Oct 18 <sup>th</sup> (Practice Meet)	4:30pm	Jesuit High School
Sun, Nov 1 <sup>st</sup> (Championship Meet)	3:30pm	Jesuit High School

Note: Per P.A.L. Guidelines, athletes must participate in at least one practice meet in order to be eligible to compete in the championship meet.