



SACRAMENTO CITY COLLEGE

3835 Freeport Blvd., Sacramento, CA 95822

Sports Information Office (916) 558-2489

<http://sccpanthers.losrios.edu>

2010 CROSS COUNTRY SCHEDULE

	<u>DATE</u>	<u>DAY</u>	<u>COMPETITION</u>	<u>LOCATION</u>	<u>RACE TIMES</u>
September	10	Fri	Fresno Invitational	Woodward Park (Fresno)	8:30am / 9:15am
	17	Fri	Beaver Invitational	Beal's Point (Folsom)	10am / 11am
October	2	Sat	Crystal Springs Invitational	Belmont	3:30pm / 4:30pm
	9	Sat	MJC Invitational	Legion Park (Modesto)	TBA
	16	Sat	Santa Clara Invitational	Baylands Park (Sunnyvale)	9am / 11am
	29	Fri	Big 8 Championships	Legion Park (Modesto)	2:30pm / 3:15pm
November	6	Sat	Nor-Cal Championships	Beal's Point (Folsom)	10am / 11am
	20	Sat	CA State Championships	Woodward Park (Fresno)	10am / 11am

*** Women's Race Times are listed first / Men's Race Times follow**

Head Coach: Marisa Avendano – (916) 650-2971 avendam@scc.losrios.edu

Assistant Coach: Michael Wortman

DEAN PE, HEALTH & ATHLETICS: Mitch Campbell – 558-2426 **ACADEMIC COUNSELOR:** Victoria Cornelius 650-2742
EQUIPMENT TECHNICIANS: Dave Whittington & Dave Jackson **ATHLETIC TRAINERS:** Mary Lund & Jude Temple
SCHOOL MASCOT: Panthers **SCHOOL COLORS:** Cardinal and Gold

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