



SACRAMENTO CITY COLLEGE

3835 Freeport Blvd., Sacramento, CA 95822

Sports Information Office (916) 558-2489

<http://sccpanthers.losrios.edu>

2011 CROSS COUNTRY SCHEDULE

<u>DATE</u>	<u>DAY</u>	<u>COMPETITION</u>	<u>LOCATION</u>	<u>RACE TIMES</u>
September				
10	Sat	Fresno Invitational	Woodward Park (Fresno)	8:30am / 9:15am
17	Sat	Mills Invitational	Mills College (Oakland)	10:00am / 11:00am
30	Fri	Crystal Springs Invitational	Belmont	4:00pm / 4:45pm
October				
7	Fri	MJC Invitational	Tuolumne River Regional Park (Modesto)	3:30pm / 4:15pm
14	Fri	Pat Ryan Invitational	Spring Creek (Santa Rosa)	2:30pm / 3:15pm
28	Fri	Big 8 Championships	Beal's Point (Folsom)	2:30pm / 3:15pm
November				
5	Sat	Nor-Cal Championships	West Valley HS (Cottonwood)	10:00am / 11:00am
19	Sat	CA State Championships	Woodward Park (Fresno)	10:00am / 11:00am

*** 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

SACRAMENTO CITY COLLEGE – KINESIOLOGY, HEALTH & ATHLETICS DEPARTMENT

DEAN / ATHLETIC DIRECTOR: Mitch Campbell – 558-2426 **ACADEMIC COUNSELOR:** Victoria Cornelius 650-2742

EQUIPMENT TECHNICIANS: Dave Whittington & Dave Jackson **ATHLETIC TRAINERS:** Jude Temple & Mary Lund

SCHOOL MASCOT: Panthers **SCHOOL COLORS:** Cardinal and Gold

Rev. – 10/24/2011