

2009 Happy Valley Elementary Cross Country
Practice and Meet Schedule (Grades 4-8)
Coach : Mrs. Goldenson

Date:	Event / Location	Time
9/1/09	Practice/Elementary	3:30-4:45
9/2/09	Practice/Elementary	3:30-4:45
9/3/09	Practice/Elementary	3:30-4:45
9/8/09	Practice/Elementary	3:30-4:45
9/10/09	Practice/Elementary	3:30-4:45
9/15/09	Practice/Elementary	3:30-4:45
9/16/09	Practice/Elementary	3:30-4:45
9/17/09	Uprep Hosts @ Sundial Bridge. Start line is at amphitheater.	4:00
9/22/09	Practice/Elementary	3:30-4:45
9/23/09	Practice/Elementary	3:30-4:45
9/24/09	Redding Adventist Hosts @ Kid's Kingdom	4:00
9/29/09	Practice/ Elementary	3:30-4:45
9/30/09	Practice/Elementary	3:30-4:45
10/1/09	Shasta Lake Middle Hosts @ Shasta Lake Middle	4:00
10/6/09	Practice/Elementary	3:30-4:45
10/7/09	Practice/Elementary	3:30-4:45
10/8/09	Cottonwood Hosts @ Anderson River Park Starting line TBA	4:00
10/13/09	Practice/Elementary	3:30-4:45
10/14/09	Practice/Elementary	3:30-4:45
10/14/09	Finals Hosted by Sequoia @ Whiskeytown (Brandy Creek) Team Party at Whiskeytown after Meet.	4:00

Grades 4-6: 1 Mile

Grades 7-8: 1.5-2 Miles