Region IV
Cross Country Running Schedule
2009

Updated 8/10/09

First day of practice: August 3, 2009
Pre-season Meeting: July 30, 2009
DHS Large Conference Room 6:00 PM
Administrative Coordinator: Pat Walker, DHS Activities Principal, 742-6996
Athletic Director: John Snead, 742-6999
Region IV Coaches' Rep.: Eric Lowman, Bartlett High School
Post-season Meeting: October 7, 2009; DHS Large Conference Room, 6:00 pm

Day and Date	Start	Event and Location	Host
Sat., Aug. 15	10:00	West v. BHS @ Kincaid	West
	11:00	Eagle River v. Service @ Randy's Loop	Service
	11:00	East @Chugiak	Chugiak
	10:00	Dimond @ South @Kincaid	SAHS/SHS
Tues., Aug. 18	3:30PM	Bucket Race @ Kincaid (DHS & WHS)	Dimond
Sat., Aug. 22	1:00 PM	Bartlett Invitational Relay format: 4 x 2 mi. with log jumps and water pit	Bartlett
Tues., Aug. 25	3:30 PM	Southside Scramble @ Service – Randy's Loop	Service
Sat., Aug. 29	TBA	Skyview Invitational @ Skyview	Skyview
Sat., Sept. 5	11:00AM	Lynx Invite @ Kincaid	Dimond
Sat., Sept. 12	TBA	Palmer Invitational @ Palmer	Palmer
Fri., Sept. 18	2:30 PM –	East: SAHS, SHS, EHS, BHS Chugiak: DHS, ERHS, WHS	East Chugiak
Wed., Sept. 23	6:00 PM	Cook Inlet Cup Awards @ TBA	Service
Sat., Sept. 26	12:00PM	Region Championships @ Kincaid	
	OB:	12:00PM	
	OG:	12:45PM	
	JVB:	1:30PM	
	JVG:	2:00PM	
	VB:	2:30PM	
	VG:	3:00PM	
	Awards:	3:30PM	
Sat., Oct. 3	TBA	State Championship @ Palmer	