



## 2009 Cross Country Schedule

<u>Date</u>	<u>Race</u>	<u>Women's Start</u>	<u>Men's Start</u>
Fri., Sept. 11	Seahawk Invitational Wilmington, N.C. (UNC Wilmington) UNC Wilmington Cross Country Course	6:30 PM (5k)	6:00 PM (5k)
Sat., Sept. 19	Guilford Cross Country Carnival Greensboro, N.C. (Guilford College) The Meadows Cross Country Course	11:15 AM (6k)	10:15 AM (8k)
Sat., Oct. 3	Hagan Stone Cross Country Classic Greensboro, N.C. (Greensboro Pacesetters) Hagan Stone Park	10:15 AM (5k)	9:30 AM (8k)
Fri., Oct. 9	Mount Olive Invitational Mount Olive, N.C. (Mount Olive College) Mount Olive Cross Country Course	5:00 PM (5k)	4:00 PM (8k)
Fri., Oct. 23	Conference Carolinas Championships Charlotte, N.C. (Queens University of Charlotte) McAlpine Creek Park	4:00 PM (5k)	5:00 PM (8k)
Sat., Nov. 7	NCAA Southeast Regional Wingate, N.C. (Wingate University) Wingate University Softball/Soccer Complex	9:30 AM (6k)	10:15 AM (10k)
Sat., Nov. 21	NCAA D-II National Championships Evansville, Ind. (University of Southern Indiana) Southern Indiana Cross Country Course	12:00 PM (6k)	1:00 PM (10k)

Head Coach: Jim Walters (2nd Year)  
Assistant Coach: Aaron Thompson