



2010 Cross Country Schedule

<u>Date</u>	<u>Race</u>	<u>Women's Start</u>	<u>Men's Start</u>
Fri., Sept. 10	Seahawk Invitational Wilmington, N.C. (UNC Wilmington) UNC Wilmington Cross Country Course	6:00 PM (4k)	6:30 PM (6k)
Sat., Sept. 18	UNCP Invitational Lumberton, N.C. (UNC Pembroke) Luther Britt Park	9:45 AM (6k)	9:00 AM (8k)
Sat., Oct. 2	Hagan Stone Cross Country Classic Greensboro, N.C. (Greensboro Pacesetters) Hagan Stone Park	10:15 AM (5k)	9:30 AM (8k)
Fri., Oct. 15	Royals Cross Country Challenge Charlotte, N.C. (Queens University of Charlotte) McAlpine Creek Park	4:00 PM (5k)	4:45 PM (8k)
Fri., Oct. 22	Mount Olive Invitational Mount Olive, N.C. (Mount Olive College) Mount Olive Cross Country Course	5:00 PM (5k)	4:00 PM 5k)
Fri., Nov. 5	Conference Carolinas Championships Charlotte, N.C. (Queens University of Charlotte) McAlpine Creek Park	4:00 PM (5k)	5:00 PM (8k)
Sat., Nov. 20	NCAA Southeast Regional Charlotte, N.C. (Queens University of Charlotte) McAlpine Creek Park	TBA (6k)	TBA (10k)
Sat., Dec. 4	NCAA D-II National Championships Louisville, Ky. (Bellarmine University) Tom Sawyer State Park	TBA (6k)	TBA (10k)

Head Coach: Micheal Coggins (1st Year)