

2010 Lutheran West Jr. High Cross Country Schedule

<u>Date</u>	<u>Opponent</u>
Mon. 8/23	PAC-10 Preview @ Carlisle Reservation in LaGrange 4:00
Wed. 9/8	COLUMBIA and BROOKSIDE at Lutheran West 4:30
Wed. 9/15	KEYSTONE and CLEARVIEW at Lutheran West 4:30
Thur. 9/23	at Open Door Invitational 4:45
Sat. 10/16	PAC-10 Conference@ Carlisle Reservation in LaGrange 10:00 a.m.