

**METRO CONFERENCE  
2010 CROSS COUNTRY SCHEDULE**

<u>DATE</u>	<u>OPPONENT</u>	<u>LOCATION</u>
Wed, September 29	Center Meet	Granite Park (Johnson)
Wed, October 13	Center Meet	Granite Park (Valley)
Wed, October 27	Conference Finals	Granite Park (McClatchy)
Sat, November 6	Sub-Sections	Angel's Camp
Sat, November 13	Sections	Willow Hill, Folsom
Sat, November 27	State Meet	Woodward Park

**Dead Period:** Jul. 19

**First Day of Practice:** Aug. 9

**First Scrimmage:** Aug. 21

**First Contest:** Aug. 27

**METRO CONFERENCE AD REP: George Smith, Florin AD**

**Adopted by Metro Conference Board of Managers: April 19, 2010**

