

MONTEREY TRAIL HIGH SCHOOL ATHLETICS

"Home of the MUSTANGS"



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2022-2023 CROSS COUNTRY SCHEDULE *METROPOLITAN LEAGUE

<u>DATE</u>	<u>OPPONENT</u>	<u>LOCATION</u>	<u>TIME</u>	<u>RELEASE/ BUS TIME</u>
Sat Sept 3	Lagoon Valley Classic	Lagoon Valley Park (Vacaville)	8:00am	BUS / 6:00am
Sat Sept 10	Josh Ruff Memorial	Willow Hills Reservoir (Folsom)	8:00am	BUS / 6:45am
Sat Sept 17	Frog Town Invitational	Calaveras County Fairgrounds	10:00am	
Sat Oct 1	Tom Laythe Invitational	Willow Hills Reservoir (Folsom)	8:00am	BUS / 6:45am
Wed. Oct 5	METRO LEAGUE CENTER MEET	North Laguna	3:30	1:15/ BUS 1:30
Sat Oct. 15	Wildfire Invitational	Foresthill HS	8:00am	BUS / 6:15am
Sat Oct 22	Flat Sac Invitational	Gibson Ranch Park	8:00	BUS / 6:30am
Wed. Oct 26	METRO LEAGUE CENTER MEET	North Laguna	3:30	1:15/ BUS 1:30
Sat. Nov 5	Sac-Joaquin Sub-Sections	Angels Camp	TBA	BUS / 7am
Sat. Nov 12	Sac-Joaquin Sections **	Willow Hills (Folsom)	TBA	TBA
Sat Nov 26	CIF State Championships**	Woodward Park (Fresno)	TBA	TBA

** For Qualifying Athletes Only

Principal: Lara Ricks

Head Coach: Isabella Villa

Athletic Director: David Coronado

Assistant Coach:

Colors: Green, Gold & Black

Mascot: Mustang