

MONTEREY TRAIL HIGH SCHOOL ATHLETICS



"Home of the MUSTANGS"

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2019-2020 CROSS COUNTRY SCHEDULE *METROPOLITAN LEAGUE

<u>DATE</u>	<u>OPPONENT</u>	<u>LOCATION</u>	<u>TIME</u>	<u>RELEASE/ BUS TIME</u>
Sat Sept. 7	Lagoon Valley Classic	Lagoon Valley Park (Vacaville)	8:00am	BUS / 6:00am
Sat Sept. 14	Josh Ruff Memorial Invitational	Willow Hills (Folsom)	9:00am	BUS / 7:00am
Sat Sept. 21	DLS Nike Invitational	Newhall Park (Concord)	8:00am	BUS / 5:30am
Sat Sept. 28	Capital Cross Challenge	Arcade Creek (Sacramento)	8:00am	BUS / 6:00am
Wed Oct 2	METRO LEAGUE CENTER MEET	North Laguna	3:30	1:15/1:30
Sat Oct. 5	Bret Harte Frogtown Invitational	Angels Camp	6:30am	BUS / 6:00am
Sat Oct 19	Bella Vista Invitational	Johnson Springview Park (Rocklin)	8:00	BUS /6:15
Wed Oct 30	METRO LEAGUE CENTER MEET	North Laguna	3:30	1:15/1:30
Sat Nov 9	Sub-Sections	Angels Camp	TBA	BUS / 7am
Sat Nov 16	Sections **	Willow Hills (Folsom)	TBA	TBA
Sat Nov 30	CIF State Championships**	Woodward Park (Fresno)	TBA	TBA

** For Qualifying Athletes Only

Head Coach: James Heck

Assistant Coach:

Principal: Lara Ricks

Athletic Director: David Coronado

Colors: Green, Gold & Black

Mascot: Mustang