

2009 CYO CROSS COUNTRY MEET SCHEDULE

DATE	SITE	HOSTS
Friday, September 18 "Tune up Meet"	Joaquin Miller, Oakland	St. Theresa/ Holy Rosary and Corpus Christi
Friday, September 25 "Duck Meet"	San Lorenzo Park OR Oak Hill Park, Danville	<u>Trans / St. John EC/ SLOT</u> SJA / SI / CTK / SJV
Friday, October 2 "Relay Meet"	Garin Park, Hayward	SJA / SI / St. Edward
Friday, October 9 "Back to the Beach"	Crown Beach, Alameda OR Shadow Cliffs, Pleasanton	<u>St. Joseph, A, St. Philip Neri</u> SI/Holy Rosary/St. Mary
Friday, October 16 "Diocesan Meet"	Joaquin Miller, Oakland	All

- **PRELIMINARY MEET TIMES** - Coaches Meeting at 5:00 p.m. Sharp!
Races will start at 5:30 p.m.
- **RELAY MEET AND DIOCESAN MEET TIMES** – Coaches Meeting at 4:30 p.m.
RACES WILL START AT 5:00 P.M. SHARP!

RAIN OUTS

In the event of inclement weather, call CYO at 510-893-5154 **after noon** on Friday for a determination if the meet will be cancelled. Preliminary meets rained out will not be rescheduled. If the Diocesan meet is rained out, the postpone date will be during the following week if a facility is available.

"SPLIT MEETS"

For the meets on September 25 and October 9, teams can elect to attend either meet. Please indicate your choice at the meet prior to each of those meets.

DIOCESAN MEET

The Diocesan Meet races will begin at 5:00 p.m. (sharp) with the coaches meeting at 4:30 p.m. To make this meet special, team awards will be given out at the site immediately following the meet. Bring flashlights in case of darkness. All schools/parishes are asked to bring refreshments to the meet to share with all participants after the races!

RESULTS

Results and meet information will be posted on the Diocesan Website at www.oaklandcyo.org. Follow the link to the Cross Country page.

MORE INFORMATION

Call CYO at 510-893-5154 or email CYO at ghouse@oakdiocese.org