



SACRAMENTO CITY COLLEGE

3835 Freeport Blvd., Sacramento, CA 95822

Sports Information Office (916) 558-2489

<http://sccpanthers.losrios.edu>

2008 CROSS COUNTRY SCHEDULE

	<u>DATE</u>	<u>DAY</u>	<u>COMPETITION</u>	<u>LOCATION</u>	<u>RACE TIMES</u>
September	13	Sat	Fresno Invitational	Woodward Park (Fresno)	8:30am / 9:15am
	20	Sat	Shasta Invitational	West Valley H.S. (Cottonwood)	10am / 11am
	25	Thurs	Lou Vasquez Invitational	Golden Gate Park (SF)	3:30pm / 4:30pm
October	11	Sat	Gary Judd Invite	Sierra College (Rocklin)	10am / 11am
	17	Fri	Pat Ryan Invitational	Spring Lake Park (Santa Rosa)	3pm / 4pm
	30	Thurs	Big 8 Championships	Oak Grove Reg. Park (Stockton)	2:30pm / 3:15pm
November	8	Sat	Nor-Cal Championships	West Valley H.S. (Cottonwood)	10am / 11am
	22	Sat	CA State Championships	Woodward Park (Fresno)	10am / 11am

*** Women's Race Times are listed first / Men's Race Times follow**

Head Coach: Marisa Avendano – (916) 650-2971 avendam@scc.losrios.edu

Assistant Coach: Michael Wortman

DEAN PHYSICAL EDUCATION, HEALTH & ATHLETICS:

Mitch Campbell – 558-2426

ATHLETIC COORDINATOR: Paul Carmazzi – 558-2613

ACADEMIC COUNSELOR: Victoria Cornelius 650-2742

ATHLETIC TRAINER: Arnoldo Garcia 558-2273

EQUIPMENT MANAGER: Dave Whittington 558-2508

SCHOOL COLORS: Maroon and Gold

Rev. – 9/17/2008