

Salem Hills High School

Cross Country Schedule 2009

Tuesday August 25th- Pre Region Meet @ SALEM HILLS HS

Saturday, August 29th- AF Grass Relays @American Fork HS

Tuesday, September 1st- Payson, Juab @ SALEM HILLS HS

Saturday, September 5th- BYU Autumn Classic

Wednesday, September 9th- Salem Hills, Westlake @ Maple Mountain

Saturday, September 12th- Wasatch Invite @ Soldier Hollow

Tuesday September 15th- Dual Meet TBD

Friday, September 18th- Provo Bulldog Invitational

Friday, September 25th- Nebo Invitational @ Maple Mountain HS

Wednesday, September 20th- Mt Pleasant Inv @ North Sanpete

Friday/Saturday, October 2nd-3rd- Cedar Invitational @ Cedar HS

Monday, October 12th- Region VIII Championships @ SALEM HILLS HS

Wednesday, October 21st- STATE CHAMPIONSHIPS @ Sugarhouse Park