

2010 Canyon Cross Country Schedule

8/21 – 1600 Time Trial @ Cypress Bend Park

8/28 – 3200 Time Trial @ Cypress Bend Park

9/4 – Lockhart (3000 m) @ Lockhart City Park

9/11 – Saturday Practice A.M.

9/18 – UTSA @ San Antonio Brooks City Base

**9/25 – Islander Splash @ Corpus Christi – Varsity Only
JV – practice or RunTex Meet**

10/2 – McNeil @ Roundrock Old Settler's Park

**10/9 – Saturday Practice A.M. or Nike South for Varsity team or
individuals**

10/16 – Seguin @ Starcke Park

10/23 – TX Lutheran University @ Seguin

10/30 – District @ Lockhart City Park

11/6 – Regional @ San Antonio Brooks City Base

11/13 – State @ Roundrock Old Settler's Park

Head Coach – Sheila West, sheila.west@comalisd.org

Assistant Coach – Kevin Randle

Athletic Director – Matt Elliot

Assistant Athletic Director – Heather Sanders