

## **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](mailto:sheila.west@comalisd.org)**

**Assistant Coach – Kevin Randle**

**Athletic Director – Matt Elliot**

**Assistant Athletic Director – Heather Sanders**