

WESTMONT HIGH SCHOOL 2009 CROSS COUNTRY

DATE	OPPONENT	LOCATION	TIME
Sept 1	Timothy Christian/Somonauk	Home	4:30
Sept 5	Plainfield Invite	Away	9:00
Sept 8	Nazareth	Away	4:30
Sept 12	Peoria Woodruff Invite	Away	9:00
Sept 15	U-High	Away	4:30
Sept 19	Kaneland Invite	Away	9:00
Sept 22	Elmwood Park	Away	4:30
Sept 26	ACC Invite	Away	9:00
Sept 29	Reed-Custer	Away	4:30
Oct 3	Lisle Invite	Away	9:00
Oct 6	ACC	Home	4:30
Oct 12	Amboy	Away	9:00
Oct 17	I-8 Conf Meet	Lisle	10:00
Oct 24	Regionals		

Head Coach: Steve Wolf
Assist Coach: Erin Polhill