

NORTH OLMSTED BOYS AND GIRLS CROSS COUNTRY 2010-2011



DATE	DAY	OPPONENT	LOCATION	TIME
08/28/10	Saturday	SWC Preview	LCCC	9:30 a.m.
09/04/10	Saturday	Cardinal Invitational	Mentor	9:00 a.m.
09/11/10	Saturday	Tiffin Invitational	Tiffin	TBA
09/18/10	Saturday	Spartan Invitational	Boardman	9:00 a.m.
09/25/10	Saturday	Strongsville	Strongsville	10:00 a.m.
10/02/10	Saturday	Grizzly Invitational	Wadsworth	9:00 a.m.
10/09/10	Saturday	Medina	Medina	10:00 a.m.
10/16/10	Saturday	SWC - Boys	LCCC	10:45 a.m.
10/16/10	Saturday	SWC - Girls	LCCC	11:25 a.m.
10/23/10	Saturday	Districts	LCCC	TBA
10/30/10	Saturday	Regionals	Tiffin	TBA
11/06/10	Saturday	State	Columbus	TBA

HEAD COACHES: Mike D'Alessandro and Lisa Pochatek

North Olmsted High School
5755 Burns Road
North Olmsted, Ohio 44070

Superintendent: Cheryl L. Dubsky
Principal: Jeffrey M. Stanton
Athletic Director: Tim Carras
Athletic Trainer: Stacy Slack
School Colors: Orange and Black
Mascot: Eagle