

**St. Michael High School
2009 Cross Country Schedule**

Head Coach: Kelly Upshaw

Assistant: TBA

Day	Date	Opponent	Location	Teams	Time (MDST)
Sat	Sep 5	Peaks Invitational	Away	JV/V	10:00 am
Fri	Sep 11	Window Rock	Away	JV/V	4:00 pm
Sat	Sep 19	Flagstaff Invitational	Away	JV/V	10:00 am
Sat	Sep 26	Page	Away	JV/V	10:00 am
Sat	Sep 10	Open - TBA	Away	JV/V	TBA
Sat	Oct 3	St. Michael Invitational	Home	JV/V	10:00 am
Fri	Oct 16	Tuba City	Away	JV/V	TBA
Fri	Oct 23	Holbrook	Away	JV/V	TBA
Sat	Oct 31	Regionals	Home	V	10:00 am
Sat	Nov 7	State	Phoenix	V	TBA