

Cross Country 2010

12/17/08

First day for coaching:	August 9, 2010			
Earliest scrimmage date:	None permitted		Date	Time
First contest:	August 23, 2010	1st League Meet (optional)	August 28, 2010	TBA
Non-interscholastic date:	Sept., 20, 2010			
District:	October 23, 2010			
Regional:	October 30, 2010	Divisional Championships	October 16, 2010	TBA
State:	November 6, 2010			
Season ends:	November 6, 2010			
Number of scrimmages:	None permitted			
Number of contests:	16			

Divisions

Valley

Brunswick
Hudson
Lakewood
Medina
Solon
Strongsville

River

Cuyahoga Falls
Mayfield
Nardon
North Royalton
Stow
Twinsburg

Lake

Brush
Elyria
Garfield Heights
Normandy
Parma
Valley Forge