

# MAINLAND MUSTANGS

## CROSS COUNTRY

### Team Schedule

 @MainlandXC

 Mainland Regional High School Cross Country Team

## September 2014

[www.mainlandxc.com](http://www.mainlandxc.com)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3 Scrimage, @Wildwood Catholic	4	5	6 Bud Kern 5K, Somers Point 9AM (reg. 7:30 – 8:45)
7	8 Pasta Dinner Hosted by Michelle Seals/KristenMo rgan	9 @ Cedar Creek w/ Holy Spirit 4PM	10	11	12 Pasta Dinner Hosted by Wessel	13 Cherokee Challenge Cherokee High School, Marlton, NJ
14	15 Pasta Dinner Hosted by Kelly and Rich Heim	16 EHT (H) 4PM 	17	18	19	20
21	22 Pasta Dinner Hosted by Michael & Kim Rah	23 @ Vineland w/Millville 4PM	24	25	26	27
28	29 Pasta Dinner Hosted by Heather and Jim Savio	30 @ St. Augustine w/Oakcrest 4PM				



Follow @MainlandXC for  
real-time schedule notifications,  
announcements and race results.

## October 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3 Pasta Dinner Hosted by Julianne & Reynolds	4 Shore Coaches @ Holmdel
5	6 Pasta Dinner Hosted by Theresa Bean and Marie Fein	7 @ Ocean City w/ Bridgeton 4PM	8	9	10 Pasta Dinner Hosted by Kelly and Rich Heim	11 South Jersey Open @Delsea
12	13 Pasta Dinner Hosted by Gupte and Kilibarda	14 @ Absegami w/ Atlantic City 4PM	15	16	17	18 Mustang Middle School Invitational 
19	20	21	22 Pasta Dinner Hosted by Debbie and Anthony Cappuccio	23 Atlantic County Championships @ Hammonton Lake Park	24	25
26	27	28	29 Pasta Dinner Hosted by Tonya and John DiNofrio	30 CAL XC Championships @ Millville Raceway	31	

## November 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7 Pasta Dinner Hosted by Mindy and Mike Blumetti	8 South Jersey Group III Sectionals
9	10	11	12	13	14 Pasta Dinner hosted by Jim & Nancy Camey	15 State Group III
16	17	18	19	20	21 Pasta Dinner  Host TBD	22 Meet of Champions
23	24	25	26	27	28	29