

PROPOSED – Not yet approved by R IV Principals

Region IV Cross Country Running Schedule 2008

Updated 1/28/08

First day of practice: August 4, 2008
Pre-season Meeting: Wednesday, July 30
DHS Large Conference Room 6:00 PM
Administrative Coordinator: Kevin Theonnes, DHS Activities Principal, 742-6996
Athletic Director: John Snead, 742-6999
Region IV Coaches' Rep.: Joe Alward, West High School

<u>Date</u>	<u>Event</u>	<u>Time</u>	<u>Host</u>	<u>Location</u>
Saturday, Aug. 9	Open Jamboree	10:00AM	BHS	BHS
Saturday, Aug. 16	Bartlett Invitational	12:00 PM	BHS	BHS
Tuesday, Aug. 19	Dimond / West Relays	4:00 PM	DHS	Moon Park
	Southside Scramble	4:00 PM	SAHS	Hilltop
August 20 School Starts				
Saturday, Aug. 23	Skyview Inv. (all Reg. IV)	12:00 PM	Skyview	Skyview
Friday, Aug. 29	Class Race	4:00 PM	EHS	APU
Saturday, Sep. 6	Palmer Inv.	10:00 AM	Palmer	Palmer
Saturday, Sep. 13	Lynx Inv.	10:00 AM	DHS	Kincaid
Friday, Sep. 19	EHS, WHS, BHS, DHS	4:00 PM	BHS	Rus. Jack
	SHS, CHS, ERHS, SAHS	4:00 PM	CHS	Chugiak
Wednesday, Sep. 24	Cook Inlet Cup Awards	6:00 PM	WHS	West High
Saturday, Sep. 27	Region IV Championship	10:00AM	DHS	Bartlett
Saturday, Oct. 4	State Championship	TBD	Palmer	Palmer

Region IV Coaches:

Bartlett	Eric Lowman
Chugiak	John Kehler
Dimond	Jeff Bannish
Eagle River	Dave Mazany
East	Danelle Vanholstyn
Service	Charissa Johnson
South	Michael Montgomery
West	Joe Alward