

2009

KNIGHTS

CROSS COUNTRY

DATE	DAY	EVENT	LOCATION	DEPT. TIME
Sept. 10	Thurs.	Challenge of Champions	Mobile, AL.	10:00 a.m.
Sept. 17	Thurs.	Running Pirates Invitational	Carrollton, AL.	1:00 p.m.
Sept. 19	Sat.	Augusta Prep Invitational	Augusta, GA.	9/18/09 1:00 pm
Sept. 24	Thurs.	Pirate CC Invitational	Carrollton, AL.	1:00 p.m.
Sept. 28	Mon.	Heritage CC Run	Columbus, MS.	1:00 p.m.
Oct. 3	Sat.	Pirate's Cove Shark's Tooth Creek Run	Carrollton, AL.	6:30 a.m.
Oct. 9	Fri.	Prattville Invitational CC Run	Prattville, AL.	1:00 pm
Oct. 12	Mon.	KNIGHTS RELAY RUN 3 x 1600m CC Relay	Tuscaloosa, AL.	2:00 p.m.
Oct. 20	Tues.	KNIGHTS INVITATIONAL Sokol Park	Tuscaloosa, AL.	2:00 p.m.
Oct. 27	Tues.	AISA State Cross Country Championships	Tuscaloosa, AL.	2:00 pm



TUSCALOOSA ACADEMY