

2009 ANTELOPE VALLEY COLLEGE CROSS COUNTRY RESULTS

Men's

Fri., Sept. 4	Sat., Sept. 12	Fri., Oct. 3	Fri., Oct. 16	Wed., Oct. 28	Fri., Nov. 6	Sat., Nov. 21
Ventura	Fresno	Bakersfield	SoCal	Foothill	SoCal	State
Invitational	Invitational	Invitational	Previews	Championships	Championships	Championships
Ventura	Fresno	Bakersfield	Walnut	Palm Desert	Walnut	Fresno
3 p.m.	8:30 a.m.	3 p.m.	10 a.m.	Noon	10 a.m.	10 a.m.

Team

X

*Indicates All-Conference **Indicates Foothill Conference Athlete of the Year •Indicates All-State

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