

La Salle Institute Cross Country Schedule 2011

Sat. 9/3	Fonda Invitational	9-12	9am	Fonda-Fultonville CS
Sat. 9/10	Ed Springstead Invitational	9-12	9am	Colonie Town Park
Sat. 9/17	Fort Plain Invitational	9-12	9am	Hoag Elem., Fort Plain
Tues. 9/20	Albany, Schenectad	7-12	4:15pm	Central Park, Schenectady
Sat. 9/24	Ocean State Classic	9-12	9am	Warwick, RI
Tues. 9/27	CBA, Bishop Maginn	7-12	4:15pm	La Salle
Sat. 10/1	Grout Run	9-12	9am	Central Park, Schenectady
Tues. 10/4	Troy, Catholic High	7-12	4:15pm	Knickerbacher Park, Troy
Sun. 10/9	Manhattan College Invitational	7-12	9am	Van Cortlandt Park, Bronx
Tues. 10/11	Amsterdam, Bishop Gibbons	7-12	4:15pm	Amsterdam HS
Sat. 10/15	Burnt Hills Invitational	7-12	9am	Saratoga State Park
Fri. 10/21	Rensselaer County Meet	7-12	3pm	Grafton State Park
Wed. 10/26	Big 10 Championship	7-12	3pm	Saratoga State Park
Sat. 10/29	Harvest Classic	7-12	9am	Knickerbacher Park, Troy
Tues. 11/1	La Salle Invitational	7-8	3:30pm	La Salle
Fri. 11/4	Section 2 Championship	9-12	10am	Saratoga State Park*
Sat. 11/12	NYS Championships	9am		Vernon-Verona-Sherill C.S.**
Sat. 11/19	NY Federation Champs	12noon		Bowdoin Park, Wappingers Falls**

* The top 10 varsity runners on the team compete at Sectionals. This may include freshmen.

**To qualify for the State Meet, you must be on the winning team or one of the top 5 finishers not on the winning team at Sectionals. To qualify for the Federation meet both State Meet and Sectional results are evaluated.

To contact Coach Leonard: 674-0496 (home), 283-2500 (voice mail 529, school),
368-0447 (cell), jleonard2856@msn.com

Two important websites: www.lasallextrack.com (Linda Isabelle's site)
www.section2harrier.com (Jon Broderick's site: NDBG coach)