



2013 Lackawanna Boys' Cross Country

Boys' Cross Country

Cluster 1	Abington Heights	North Pocono	Valley View	
Cluster 2	Honesdale	Western Wayne	Forest City	Carbondale
Cluster 3	Montrose	Blue Ridge	Elk Lake	
Cluster 4	Delaware Valley	Wallenpaupack		
Cluster 5	Scranton Prep	Holy Cross		
Cluster 6	Scranton	West Scranton	Mid Valley	
Cluster 7	Lakeland	Susquehanna	Mt. View	Lackawanna Trail
Cluster 8	Dunmore	Riverside		

Wednesday, 9/4

Abington Heights @	Montrose
Abington Heights vs	Blue Ridge
Abington Heights vs.	Elk Lake
North Pocono @	Montrose
North Pocono vs.	Blue Ridge
North Pocono vs.	Elk Lake
Valley View @	Montrose
Valley View vs.	Blue Ridge
Valley View vs.	Elk Lake
Honesdale @	Wallenpaupack
Honesdale vs.	Delaware Valley
Western Wayne @	Wallenpaupack
Western Wayne vs.	Delaware Valley
Forest City @	Wallenpaupack
Forest City vs.	Delaware Valley
Scranton Prep @	Lackawanna Trail
Scranton Prep vs.	Susquehanna
Scranton Prep vs.	Mt. View
Scranton Prep vs.	Lakeland
Holy Cross @	Lackawanna Trail
Holy Cross vs.	Susquehanna
Holy Cross vs.	Mt. View
Holy Cross vs.	Lakeland
Dunmore @	Scranton
Dunmore vs.	West Scranton
Dunmore vs.	Mid Valley
Riverside @	Scranton
Riverside vs.	West Scranton
Riverside @	Mid Valley

Tuesday, 9/10

Delaware Valley @	North Pocono
Delaware Valley vs.	Abington Heights
Delaware Valley vs.	Valley View
Wallenpaupack @	North Pocono
Wallenpaupack vs.	Abington Heights
Wallenpaupack vs.	Valley View
Montrose @	Western Wayne
Montrose vs.	Honesdale
Montrose vs.	Forest City
Elk Lake @	Western Wayne
Elk Lake vs.	Honesdale
Elk Lake vs.	Forest City
Blue Ridge @	Western Wayne
Blue Ridge vs.	Honesdale
Blue Ridge vs.	Forest City
Lakeland @	Mid Valley
Lakeland va.	Scranton
Lakeland vs.	West Scranton
Lackawanna Trail @	Mid Valley
Lackawanna Trail vs.	Scranton
Lackawanna Trail vs.	West Scranton
Susquehanna @	Mid Valley
Susquehanna vs.	Scranton
Susquehanna vs.	West Scranton
Mt. View @	Mid Valley
Mt. View vs.	Scranton
Mt. View vs.	West Scranton
Scranton Prep @	Riverside
Scranton Prep vs.	Dunmore
Holy Cross @	Riverside
Holy Cross vs.	Dunmore

Tuesday, 9/17

Dunmore @	Valley View
Dunmore vs.	Abington Heights
Dunmore vs.	North Pocono
Riverside @	Valley View
Riverside vs.	Abington Heights
Riverside vs.	North Pocono
Honesdale @	Lakeland
Honesdale vs.	Mt. View
Honesdale vs.	Susquehanna
Honesdale vs.	Lackawanna Trail
Western Wayne @	Lakeland
Western Wayne vs.	Susquehanna
Western Wayne vs.	Mt. View
Western Wayne vs.	Lackawanna Trail
Forest City @	Lakeland
Forest City vs.	Susquehanna
Forest City vs.	Mt. View
Scranton @	Lackawanna Trail
Scranton vs.	Blue Ridge
Scranton vs.	Elk Lake
Mid Valley @	Montrose
Mid Valley vs.	Blue Ridge
Mid Valley vs.	Elk Lake
West Scranton @	Montrose
West Scranton vs.	Blue Ridge
West Scranton vs.	Elk Lake
Delaware Valley @	Montrose
Delaware Valley vs.	Scranton Prep
Wallenpaupack @	Holy Cross
Wallenpaupack vs.	Scranton Prep
Wallenpaupack vs.	Holy Cross

Tuesday, 9/24

Lakeland @	North Pocono
Lakeland vs.	Abington Heights
Lakeland vs.	Valley View
Lackawanna Trail @	North Pocono
Lackawanna Trail vs.	Abington Heights
Lackawanna Trail vs.	Valley View
Susquehanna @	North Pocono
Susquehanna vs.	Abington Heights
Susquehanna vs.	Valley View
Mt. View @	North Pocono
Mt. View vs.	Valley View
Mt. View vs.	Abington Heights
Dunmore @	Delaware Valley
Dunmore vs.	Wallenpaupack
Riverside @	Delaware Valley
Riverside vs.	Wallenpaupack
Scranton @	Forest City
Scranton vs.	Western Wayne
Scranton vs.	Honesdale
West Scranton @	Forest City
West Scranton vs.	Western Wayne
West Scranton vs.	Honesdale
Mid Valley @	Forest City
Mid Valley vs.	Western Wayne
Mid Valley vs.	Honesdale
Scranton Prep @	Elk Lake
Scranton Prep vs.	Blue Ridge
Scranton Prep vs.	Montrose
Holy Cross @	Elk Lake
Holy Cross vs.	Blue Ridge
Holy Cross vs.	Montrose

Tuesday, 9/24 (Clusters)

Riverside vs.	Dunmore
Abington Heights @	North Pocono
Valley View @	North Pocono
Valley View vs.	Abington Heights
Western Wayne vs.	Honesdale
Western Wayne @	Forest City
Honesdale @	Forest City
Mt. View vs.	Susquehanna
Mt. View vs.	Lakeland

Tuesday, 10/1

Scranton @	Abington Heights
Scranton vs.	Valley View
Scranton vs.	North Pocono
West Scranton @	Abington Heights
West Scranton vs.	Valley View
West Scranton vs.	North Pocono
Mid Valley @	Abington Heights
Mid Valley vs.	Valley View
Mid Valley vs.	North Pocono

Tuesday, 10/8

Dunmore vs.	Honesdale
Dunmore vs.	Forest City
Dunmore vs.	Western Wayne
Riverside vs.	Honesdale
Riverside vs.	Forest City
Riverside vs.	Western Wayne
Montrose @	Mt. View
Montrose vs.	Susquehanna
Montrose vs.	Lackawanna Trail

Tuesday, 10/15

Scranton Prep @	West Scranton
Scranton Prep vs.	Scranton
Scranton Prep vs.	Mid Valley
Holy Cross @	West Scranton
Holy Cross vs.	Scranton
Holy Cross vs.	Mid Valley
Abington Heights @	Honesdale
Abington Heights vs.	Western Wayne
Abington Heights vs.	Forest City

Mt. View vs. Lackawanna Trail
 Susquehanna vs. Lakeland
 Susquehanna vs. Lackawanna Trail
 Lakeland vs. Lackawanna Trail
 Blue Ridge vs. Elk Lake
 Montrose @ Elk Lake
 Montrose vs. Blue Ridge
 Wallenpaupack @ Delaware Valley
 Scranton Prep vs. Holy Cross
 Scranton vs. Mid Valley
 Scranton vs. West Scranton
 Mid Valley vs. West Scranton

Montrose @ Dunmore
 Montrose vs. Riverside
 Elk Lake @ Dunmore
 Elk Lake vs. Riverside
 Blue Ridge @ Dunmore
 Blue Ridge vs. Riverside
 Delaware Valley @ Lakeland
 Delaware Valley vs. Lackawanna Trail
 Delaware Valley vs. Mt. View
 Delaware Valley vs. Susquehanna
 Wallenpaupack @ Lakeland
 Wallenpaupack vs. Lackawanna Trail
 Wallenpaupack vs. Mt. View
 Wallenpaupack vs. Susquehanna
 Honesdale @ Holy Cross
 Honesdale vs. Scranton Prep
 Western Wayne @ Holy Cross
 Western Wayne vs. Scranton Prep
 Forest City @ Holy Cross
 Forest City vs. Scranton Prep

Montrose vs. Lakeland
 Elk Lake @ Mt. View
 Elk Lake vs. Susquehanna
 Elk Lake vs. Lackawanna Trail
 Elk Lake vs. Lakeland
 Blue Ridge @ Mt. View
 Blue Ridge vs. Susquehanna
 Blue Ridge vs. Lackawanna Trail
 Blue Ridge @ Lakeland
 Delaware Valley @ Mid Valley
 Delaware Valley vs. Scranton
 Delaware Valley vs. West Scranton
 Delaware Valley @ Mid Valley
 Wallenpaupack @ Scranton
 Wallenpaupack vs. West Scranton
 Wallenpaupack vs. Scranton Prep
 Abington Heights @ Holy Cross
 Abington Heights vs. Scranton Prep
 North Pocono @ Holy Cross
 North Pocono vs. Scranton Prep
 Valley View @ Scranton Prep
 Valley View vs. Holy Cross

North Pocono @ Honesdale
 North Pocono vs. Western Wayne
 North Pocono vs. Forest City
 Valley View vs. Honesdale
 Valley View vs. Western Wayne
 Valley View vs. Forest City
 Dunmore @ Lakeland
 Dunmore vs. Mt. View
 Dunmore vs. Susquehanna
 Dunmore vs. Lackawanna Trail
 Riverside @ Lakeland
 Riverside vs. Mt. View
 Riverside vs. Susquehanna
 Riverside vs. Lackawanna Trail
 Delaware Valley @ Elk Lake
 Delaware Valley vs. Montrose
 Delaware Valley vs. Blue Ridge
 Wallenpaupack @ Elk Lake
 Wallenpaupack vs. Montrose
 Wallenpaupack vs. Blue Ridge

Saturday, 10/19
 Wednesday, 10/23
 Saturday, 11/2

Jr. High League Meet
 District II Championships
 PIAA Championships

Lakeland
 Elk Lake
 Hershey, Pa.

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