



2010 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, 9/8

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

Tuesday, 9/14

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

Tuesday, 9/21

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

Wednesday, 9/29

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

Wednesday, 9/29 (Clusters)

| | |
|--------------------|---------------|
| Abington Heights @ | North Pocono |
| Abington Heights @ | Valley View |
| North Pocono @ | Valley View |
| Honesdale @ | Western Wayne |
| Honesdale @ | Carbondale |
| Honesdale @ | Forest City |
| Western Wayne @ | Carbondale |
| Western Wayne @ | Forest City |

Tuesday, 10/5

| | |
|--------------------|-----------------|
| Abington Heights @ | Delaware Valley |
| Abington Heights @ | Wallenpaupack |
| North Pocono @ | Delaware Valley |
| North Pocono @ | Wallenpaupack |
| North Pocono @ | Valley View |
| Valley View @ | Delaware Valley |
| Valley View @ | Wallenpaupack |
| Honesdale @ | Montrose |
| Honesdale @ | Elk Lake |

Tuesday, 10/12

| | |
|--------------------|-----------|
| Abington Heights @ | Dunmore |
| Abington Heights @ | Riverside |
| North Pocono @ | Dunmore |
| North Pocono @ | Riverside |
| Valley View @ | Dunmore |
| Valley View @ | Riverside |
| Honesdale @ | Lakeland |
| Honesdale @ | Mt. View |

Tuesday, 10/19

| | |
|---------------|------------------|
| Lakeland @ | North Pocono |
| Lakeland @ | Valley View |
| Lakeland @ | Abington Heights |
| Susquehanna @ | North Pocono |
| Susquehanna @ | Valley View |
| Susquehanna @ | Abington Heights |
| Mt. View @ | North Pocono |
| Mt. View @ | Valley View |

Carbondale @ Forest City
Montrose @ Blue Ridge
Montrose @ Elk Lake
Elk Lake @ Blue Ridge
Delaware Valley @ Wallenpaupack
Scranton Prep @ Holy Cross
Scranton @ West Scranton
Scranton @ Mid Valley
West Scranton @ Mid Valley
Lakeland @ Susquehanna
Lakeland @ Mt. View
Lakeland @ Lackawanna Trail
Mt. View @ Lackawanna Trail
Mt. View @ Susquehanna
Lackawanna Trail @ Susquehanna
Riverside @ Dunmore

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

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

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

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