



2010 Lackawanna Girls' Cross Country League

Girls' 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
Elk Lake @	Dunmore
Elk 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
Valley View @	Scranton Prep
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
Western Wayne @	Abington Heights
Western Wayne @	North Pocono
Western Wayne @	Valley View
Forest City @	Abington Heights
Forest City @	North Pocono
Forest City @	Valley View
Carbondale @	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
Delaware Valley @	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
Elk Lake @	Abington Heights
Elk Lake @	North Pocono
Elk 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

Tuesday, 10/5

Abington Heights @	Delaware Valley
Abington Heights @	Wallenpaupack
North Pocono @	Delaware Valley
North Pocono @	Wallenpaupack
Valley View @	Delaware Valley

Tuesday, 10/12

Abington Heights @	Dunmore
Abington Heights @	Riverside
North Pocono @	Dunmore
North Pocono @	Riverside
Valley View @	Dunmore

Tuesday, 10/19

Lakeland @	North Pocono
Lakeland @	Valley View
Lakeland @	Abington Heights
Susquehanna @	North Pocono
Susquehanna @	Valley View

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

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