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2013 Lackawanna Girls' Cross Country

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, 9/4

Abington Heights @
Abington Heights vs.
North Pocono @
North Pocono vs.
North Pocono vs.
Valley View @
Valley View vs.
Valley View vs.
Honesdale @
Honesdale vs.
Western Wayne @
Western Wayne vs.
Forest City @
Forest City vs.
Scranton Prep @
Scranton Prep vs.
Holy Cross @
Holy Cross vs.
Dunmore @
Dunmore vs.
Dunmore vs.

Montrose
Blue Ridge
Elk Lake
Montrose
Blue Ridge
Elk Lake
Montrose
Honesdale
Elk Lake
Wallenpaupack
Delaware Valley
Wallenpaupack
Delaware Valley
Wallenpaupack
Delaware Valley
Lackawanna Trail
Susquehanna
Lackawanna Trail
Susquehanna
Scranton
West Scranton
Mid Valley

Tuesday, 9/10

Delaware Valley @
Delaware Valley vs.
Delaware Valley vs.
Wallenpaupack @
Wallenpaupack vs.
Wallenpaupack vs.
Montrose @
Montrose vs.
Montrose vs.
Elk Lake @
Elk Lake vs.
Elk Lake vs.
Blue Ridge @
Blue Ridge vs.
Blue Ridge vs.
Lackawanna Trail @
Lackawanna Trail vs.
Lackawanna Trail vs.
Susquehanna @
Susquehanna vs.
Susquehanna vs.
Scranton Prep vs.
Holy Cross vs.

North Pocono
Abington Heights
Valley View
North Pocono
Abington Heights
Valley View
Western Wayne
Honesdale
Forest City
Western Wayne
Honesdale
Forest City
Western Wayne
Honesdale
Forest City
Mid Valley
Scranton
West Scranton
Mid Valley
Scranton
West Scranton
Dunmore
Dunmore

Tuesday, 9/17

Dunmore @
Dunmore vs.
Dunmore vs.
Honesdale vs.
Honesdale vs.
Western Wayne vs.
Western Wayne vs.
Forest City vs.
Forest City vs.
Scranton @
Scranton vs.
Scranton vs.
Mid Valley @
Mid Valley vs.
Mid Valley vs.
West Scranton @
West Scranton vs.
West Scranton vs.
Delaware Valley @
Delaware Valley vs.
Wallenpaupack @
Wallenpaupack vs.

Valley View
Abington Heights
North Pocono
Susquehanna
Lackawanna Trail
Susquehanna
Lackawanna Trail
Susquehanna
Blue Ridge
Elk Lake
Montrose
Blue Ridge
Elk Lake
Montrose
Blue Ridge
Elk Lake
Montrose
Scranton Prep
Holy Cross
Scranton Prep
Holy Cross

Tuesday, 9/24

Lackawanna Trail @
Lackawanna Trail vs.
Lackawanna Trail vs.
Susquehanna @
Susquehanna vs.
Susquehanna vs.
Dunmore @
Dunmore vs.
Scranton @
Scranton vs.
West Scranton @
West Scranton vs.
West Scranton vs.
Mid Valley @
Mid Valley vs.
Mid Valley vs.
Scranton Prep @
Scranton Prep vs.
Scranton Prep vs.
Holy Cross @
Holy Cross vs.
Holy Cross vs.

North Pocono
Abington Heights
Valley View
North Pocono
Abington Heights
Valley View
Delaware Valley
Wallenpaupack
Forest City
Western Wayne
Honesdale
Forest City
Western Wayne
Honesdale
Forest City
Western Wayne
Honesdale
Elk Lake
Blue Ridge
Montrose
Elk Lake
Blue Ridge
Montrose

Tuesday, 9/24 (Clusters)

Abington Heights @
Valley View @
Valley View vs.
Western Wayne vs.
Western Wayne @
Honesdale @
Susquehanna vs.
Blue Ridge vs.
Montrose @
Montrose vs.
Wallenpaupack @
Scranton Prep vs.
Scranton vs.
Scranton vs.
Mid Valley vs.

North Pocono
North Pocono
Abington Heights
Honesdale
Forest City
Forest City
Lackawanna Trail
Elk Lake
Elk Lake
Blue Ridge
Delaware Valley
Holy Cross
Mid Valley
West Scranton
West Scranton

Tuesday, 10/1

Scranton @
Scranton vs.
Scranton vs.
West Scranton @
West Scranton vs.
West Scranton vs.
Mid Valley @
Mid Valley vs.
Mid Valley vs.
Montrose @
Montrose @
Elk Lake @
Blue Ridge @
Delaware Valley vs.
Delaware Valley vs.
Wallenpaupack vs.
Wallenpaupack vs.
Honesdale @
Honesdale vs.

Abington Heights
Valley View
North Pocono
Abington Heights
Valley View
North Pocono
Abington Heights
Valley View
North Pocono
Dunmore
Dunmore
Dunmore
Lackawanna Trail
Susquehanna
Lackawanna Trail
Susquehanna
Holy Cross
Scranton Prep

Tuesday, 10/8

Dunmore vs.
Dunmore vs.
Dunmore vs.
Montrose vs.
Montrose vs.
Elk Lake vs.
Elk Lake vs.
Blue Ridge vs.
Blue Ridge vs.
Blue Ridge vs.
Delaware Valley @
Delaware Valley vs.
Delaware Valley vs.
Wallenpaupack @
Wallenpaupack vs.
Wallenpaupack vs.
Abington Heights @

Honesdale
Forest City
Western Wayne
Susquehanna
Lackawanna Trail
Susquehanna
Lackawanna Trail
Susquehanna
Lackawanna Trail
Lakeland
Mid Valley
Scranton
West Scranton
Mid Valley
Scranton
West Scranton
Scranton Prep

Tuesday, 10/15

Scranton Prep @
Scranton Prep vs.
Scranton Prep vs.
Holy Cross @
Holy Cross vs.
Holy Cross vs.
Abington Heights @
Abington Heights vs.
Abington Heights vs.
North Pocono @
North Pocono vs.
North Pocono vs.
Valley View @
Valley View vs.
Valley View vs.
Dunmore vs.
Dunmore vs.
Delaware Valley @

West Scranton
Scranton
Mid Valley
West Scranton
Scranton
Mid Valley
Honesdale
Western Wayne
Forest City
Honesdale
Western Wayne
Forest City
Susquehanna
Lackawanna Trail
Elk Lake

Western Wayne @
Western Wayne vs.
Forest City vs.
Forest City vs.

Holy Cross
Scranton Prep
Holy Cross
Scranton Prep

Abington Heights vs.
North Pocono @
North Pocono vs.
Valley View @
Valley View vs.

Holy Cross
Scranton Prep
Holy Cross
Scranton Prep
Holy Cross

Delaware Valley vs.
Delaware Valley vs.
Wallenpaupack @
Wallenpaupack vs.
Wallenpaupack vs.

Montrose
Blue Ridge
Elk Lake
Montrose
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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