

ST. ROSE PAL FALL SPORTS SEASON



2009 League Games

GIRLS VOLLEYBALL

Varsity

Wednesday games @ Holy Family: 7817 Old Auburn Road, Citrus Heights 95610

9/9: 7:00pm	Holy Family Blue* (NL)	To Be Rescheduled: Holy Family White* (NL)
9/23: 6:00pm	Presentation*	9/30: 7:00pm St. John Evangelist
To Be Rescheduled:	St. Joseph Auburn	10/14: 6:00pm St. John Evangelist
10/21: 7:00pm	Holy Family White	

Varsity Rec

Wednesday games @ St John Vianney: 10499 Coloma Rd., Rancho Cordova 95670

9/9: 5:00pm	St Mary*	To Be Rescheduled:	St Michael*
9/23: 6:00pm	Sac Country Day	9/30: 4:00pm	OLA
To Be Rescheduled:	St. Joseph Auburn	10/14: 5:00pm	St. Alban*
10/21: 7:00pm	St John Vianney		

Junior Varsity

Thursday games @ Holy Family: 7817 Old Auburn Road, Citrus Heights 95610

9/10: 7:00pm	Holy Family	9/17: 6:00pm	St. Joseph Auburn
9/24: 6:00pm	St. John Evangelist*	10/01: 6:00pm	St Philomene*
10/08: BYE		10/15: 5:00pm	St. Ignatius*
10/22: 5:00pm	OLA*		

JV Rec

Thursday games @ Presentation: 3100 Norris Avenue. Sacramento, 95821

9/17: 6:30pm	Presentation*	9/24: 5:30pm	Courtyard*
10/01: 4:30pm	St. Ignatius*	10/08: 4:30pm	OLA
10/15: 5:30pm	Holy Family*	10/22: 5:30pm	Presentation

* Denotes home team
(NL) Non league match

Coed Cross Country

<i>Date</i>	<i>Time</i>	<i>Location</i>	<i>Grades</i>
9/17	3:30 p.m.	Placer Meet (Loomis Basin Bar)	4-8
9/20	4:00 p.m.	PAL @ Granite Regional park	5-8/PAL
9/29	4:00 p.m.	Granite Oaks Middle School	4-8
10/2	4:30 p.m.	PAL @ Granite Regional park	5-8/PAL
10/14	3:30 p.m.	Franklin Elementary (Loomis)	4-8
10/18	4:30 p.m.	PAL @ Jesuit High School	5-8/PAL
10/20	3:30 p.m.	Sierra College/Rock Creek Elementary	4-8
10/28	3:30 p.m.	H Clark Powers School Loomis	4-8
11/1	3:30 p.m.	PAL Championship (Jesuit)	5-8/PAL Championships

PAL contests dates/times frequently change, often with little notice. Please rely on your coach for the most accurate schedule