

ST. ROSE PAL FALL SPORTS SEASON



2010 League Games

GIRLS VOLLEYBALL

Varsity

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

9/15: 7:30pm	Holy Family White* (P)	9/22: 5:30pm	Presentation*
10/06: 5:30pm	Holy Family Blue*	10/13: 5:30pm	St. John Evangelist
10/20: 5:30pm	St Joseph Auburn	10/27: 6:30pm	Holy Family White*

Varsity Rec

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

9/15:	BYE	9/22: 6:00pm	St John Vianney*
9/29:	BYE	10/06: 4:00pm	St Michael*
10/13: 5:00pm	St Mary*	10/20: 5:00pm	Holy Trinity Green
10/27: 5:00pm	Holy Trinity Gold		

Junior Varsity

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

9/16: 6:00pm	St. Joseph Auburn	9/23: 7:00pm	Holy Family
10/07: 6:00pm	Holy Trinity*	10/14: 5:00pm	St. Ignatius*
10/21: 5:00pm	St. John Evangelist*	10/28:	BYE

JV Rec

Thursday games @ St Mel: 4745 Pennsylvania Avenue, Fair Oaks, 95628

9/16: 6:00pm	St Mel*	Friday 9/24: 6:00pm	Courtyard*
9/30: 5:00pm	St. Mary	10/07: 4:00pm	Holy Family*
10/14: 5:00pm	Holy Trinity*	10/21:	BYE
10/28: 5:00pm	St John Vianney		

* Denotes home team

(P) Practice Game

Coed Cross Country

<i>Date</i>	<i>Time</i>	<i>Location</i>	<i>Grades</i>
9/15	4:00 pm	Lyman Gilmore (Grass Valley)	4-8
9/19	4:00 pm	PAL @ Granite Regional Park (Sac)	5-8/PAL
10/02	9:00am	Christian Brothers HS (Sac)	5-8/PAL
10/05	4:00 pm	Granite Oaks Middle School	4-8
10/12	3:30 pm	Johnson Springview Park (Rocklin)	4-8
10/14	4:00 pm	Nevada Union Mile (Grass Valley)	4-8
10/17	4:00 pm	PAL @ Granite Regional Park (Sac)	5-8/PAL
11/07	3:30 p.m.	PAL Championship @ Jesuit HS (Sac)	5-8/PAL Championships

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