

## Wrestling

Fremont Invitational.....	12/4/09
Fremont High School, Fremont, NE <i>NE, IA</i>	
New London/Winfield Mt. Union Jeremy Fulk Tournament .....	12/5/09
New London High School, New London, IA <i>IA, IL</i>	
Valley Tiger Invite.....	12/8/09
Valley High School, West Des Moines, IA <i>IA, CA</i>	
Boys Town Invite.....	12/11-12/09
Boys Town High School, Boys Town, NE <i>IA, NE</i>	
Mediapolis Invitational .....	12/12/09
Mediapolis High School, Mediapolis, IA <i>IA, KS</i>	
Riverside Invitational.....	12/12/09
Riverside High School, Oakland, IA <i>IA, NE, MO</i>	
Woodbine/LoMa Dual Team Tournament.....	12/19/09
Woodbine High School, Woodbine, IA <i>IA, NE</i>	
West Sioux Invitational.....	1/9/10
West Sioux High School, Hawarden, IA <i>IA, SD</i>	
Northeast Wrestling Invitational.....	1/9/10
Northeast High School, Goose Lake, IA <i>IA, IL, WI</i>	
Raider Dual Tournament.....	1/11-12/2010
Mount Ayr High School, Mount Ayr, IA <i>IA, OK</i>	
MFL MarMac Invitational .....	1/16/10
MFL MarMac High School, Monona, IA <i>IA, WI</i>	
Lee's Summit Holiday Tournament.....	12/18-19/09
Lee's Summit High School, Lee's Summit, MO <i>MO, KS, OK, IA</i>	
Decorah Duals.....	1/16/10
Decorah High School, Decorah, IA <i>IA, WI, MN</i>	
Bob Lueders Invitational.....	1/23/10
Clinton High School, Clinton, IA <i>IA, IL, WI</i>	
Louisville Invite .....	1/23/10
Louisville High School, Louisville, NE <i>NE, IA, MO</i>	
Quad State Touranment .....	1/30/2010
Maryville High School, Maryville, MO <i>MO, KS, IA, NE</i>	

## Cross Country

Don Baker Memorial Meet .....	9/5/09
University of South Dakota, Vermillion, SD <i>SD, NE, IA</i>	
2009 Lewis Central Invitational.....	9/12/09
Lewis Central High School, Council Bluffs, IA <i>IA, NE</i>	
Luther College All American Invitational .....	9/12/09
Decorah High School & Luther College, Decorah, IA <i>IA, MN, WI</i>	
Missouri Challenge .....	9/12/09
Hickman High School, Columbia, MO <i>AK, IL, IA, KS, MO, NE, WI</i>	
Charger Invite .....	9/17/09
Sioux Falls Christian School, Sioux Falls, SD <i>SD, IA</i>	
Heartland Classic .....	9/19/09
Roosevelt High School, Des Moines, IA <i>IA, KS, MN, MO, NE</i>	

Prep Invitational.....	9/22/09
Creighton Preparatory School, Omaha, NE <i>NE, IA</i>	
Mustang Invite .....	9/25/09
Mounds View High School, Arden Hills, MN <i>MN, IA</i>	
Midwest Invite .....	9/25/09
Janesville Craig High School, Janesville, WI <i>IL, IA, MI, TX, WI</i>	
Roy Griak High School Invitational .....	9/26/09
Richfield High school, Richfield, MN <i>MN, CA, CO, IA, KS, MN, MO, NE, ND, OH, SD, UT, WI</i>	
Boys Town Invite.....	10/1/09
Boys Town High School, Boys Town, NE <i>NE, IA</i>	
Falls City Invitational .....	10/8/09
Falls City High School, Falls City, NE <i>MO, IA, KS, Canada, NE</i>	

### **Football**

CNOS Foundation Classic .....	9/19/09
CNOS Foundation, Dakota Dunes, SD <i>IA Schools</i>	

### **Swimming**

Clinton Holiday Relays.....	12/19/09
Clinton High School, Clinton, IA <i>IA, IL</i>	

### **Basketball**

Highland Park Invitational Tournament .....	12/3-5/09
Highland Park High School, Topeka, KS <i>AK, CO, IA, KS, MO, NE</i>	
Clinton River City Classic .....	12/4-5/09
Clinton High School, Clinton, IA <i>IA, IL</i>	

### **Track**

Boys Town Indoor Meet.....	3/26-27/10
Boys Town High School, Boys Town, NE <i>NE, IA</i>	
Gateway Classic.....	4/20/10
Clinton High School, Clinton, IA <i>IA, IL</i>	

### **Golf**

Vikings Invitational .....	4/15/10
Decorah High School, Decorah, IA <i>IA, MN</i>	