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| Date | Event |
|---|---|
| **Dec. 6** Sun. | Great Falls, Maryland |
| **Nov. 22** Sun. | Stuart's Hill at Manassas, Virginia |
| **Nov. 15** Sun. | 2009 Mid-Atlantic Championships @ Oregon Ridge |
| **Nov. 1** Sun. | Pohick Bay, Virginia |
| **Oct. 18** Sun. | Prince William National Forest at Turkey Run Ridge |
| **Oct. 11** Sun. | Orange Grove, Patapsco, MD |
| **Sep. 27** Sun. | Patuxent River Park, Maryland |
| **Jun. 7** Sun. | 2009 QOC Annual Meeting |
| **May. 17** Sun. | Balls Bluff in Leesburg, Virginia |
| **May. 3** Sun. | Lake Accotink - Springfield, VA |
| **Apr. 26** Sun. | Fountainhead Regional Park, Virginia |
| **Apr. 5** Sun. | Prince William National Forest - Pine Grove |
| **Mar. 29** Sun. | Ran-it Granite & US Intercollegiate Championships - Day 2 |
| **Mar. 28** Sat. | Ran-it Granite & US Intercollegiate Championships - Day 1 |
| **Mar. 27** Fri. | Ran-it Granite Sprints |
| **Mar. 15** Sun. | Wheaton Regional Park, Maryland |
| **Feb. 15** Sun. | Patuxent River Park, MD |
| **Feb. 1** Sun. | Lake Fairfax Winter Meeting |
| **Jan. 25** Sun. | Greenbelt National Park, Maryland |

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