

# Ephrata Mounts

## Boys Varsity Baseball 2009

Day	Date	Place	Opponent	Score	Time
Fri	03/13	H	Cocalico (scrimmage)		.4PM
Fri	03/20	A	Manheim Central		4:15PM
Mon	03/23	H	Cumberland Valley		4:15PM
Fri	03/27	H	Lampeter Strasburg		4:15PM
Mon	03/30	H	Conestoga Valley		4:15PM
Wed	04/01	A	Solanco		4:15PM
Fri	04/03	A	Lebanon		4:15PM
Mon	04/06	H	Garden Spot		4:15PM
Wed	04/08	A	Elizabethtown		4:15PM
Thurs	04/09	H	Penn Manor		.7PM
Sat	04/11	H	South Western		6:30PM
Mon	04/13	A	Manheim Township		4:15PM
Wed	04/15	H	Warwick		.7PM
Fri	04/17	A	Cedar Crest		4:15PM
Mon	04/20	H	Hempfield		.7PM
Wed	04/22	A	JP McCaskey		.7PM
Fri	04/24	A	Conestoga Valley		4:15PM
Mon	04/27	H	Solanco		.7PM
Wed	04/29	H	Lebanon		.7PM
Fri	05/01	A	Garden Spot		4:15PM
Mon	05/04	H	Elizabethtown		.7PM

## Boys Junior Varsity Baseball 2009

Day	Date	Place	Opponent	Score	Time
Fri	03/20	A	Manheim Central		4:15PM
Mon	03/23	H	Cumberland Valley		4:15PM
Fri	03/27	H	Lampeter Strasburg		4:15PM
Mon	03/30	H	Conestoga Valley		4:15PM
Wed	04/01	A	Solanco		4:15PM
Fri	04/03	A	Lebanon		4:15PM
Mon	04/06	H	Garden Spot		4:15PM
Wed	04/08	A	Elizabethtown		4:15PM
Thurs	04/09	H	Penn Manor		4:15PM
Sat	04/11	H	South Western		3:30PM
Mon	04/13	A	Manheim Township		4:15PM
Wed	04/15	H	Warwick		4:15PM
Fri	04/17	A	Cedar Crest		4:15PM
Mon	04/20	H	Hempfield		4:15PM
Wed	04/22	A	JP McCaskey		4:15PM
Fri	04/24	A	Conestoga Valley		4:15PM
Mon	04/27	H	Solanco		4:15PM
Wed	04/29	H	Lebanon		4:15PM
Fri	05/01	A	Garden Spot		4:15PM
Mon	05/04	H	Elizabethtown		4:15PM

## Boys Varsity Lacrosse 2009

Day	Date	Place	Opponent	Score	Time
Tues	03/17	A	Wilson (scrimmage)		4:15PM
Tues	03/24	A	Lampeter Strasburg		4:15PM
Thurs	03/26	H	Conestoga Valley		4:15PM
Fri	03/27	A	Palmyra		4:15PM
Mon	03/30	H	Cocalico		4:15PM
Wed	04/01	A	Elizabethtown		.7PM
Fri	04/03	A	Garden Spot		4:15PM
Sat	04/04	H	Conrad Weiser		.10AM
Mon	04/06	H	Penn Manor		4:15PM
Thurs	04/09	A	Lancaster Catholic		4:15PM
Wed	04/15	H	Warwick		4:15PM
Fri	04/17	A	Hempfield		4:15PM
Sat	04/18	H	Wilson		.10AM
Tues	04/21	A	Manheim Township		4:15PM
Thurs	04/23	H	Lampeter Strasburg		4:15PM
Tues	04/28	A	Conestoga Valley		4:15PM
Thurs	04/30	A	Cocalico		4:15PM
Fri	05/01	H	Elizabethtown		4:15PM
Mon	05/04	H	Garden Spot		4:15PM

## Girls Varsity Lacrosse 2009

Day	Date	Place	Opponent	Score	Time
Sat	03/14	A	Hempfield (scrimmage)		.9AM
Tues	03/17	H	Wilson (scrimmage)		.4PM
Tues	03/24	H	Lampeter Strasburg		4:15PM
Thurs	03/26	A	Conestoga Valley		4:15PM
Fri	03/27	H	Palmyra		4:15PM
Mon	03/30	A	Cocalico		4:15PM
Wed	04/01	H	Cedar Crest		4:15PM
Sat	04/04	H	Conrad Weiser		.10AM
Mon	04/06	A	Penn Manor		4:15PM
Thurs	04/09	H	JP McCaskey		4:15PM
Wed	04/15	A	Warwick		4:15PM
Fri	04/17	H	Hempfield		4:15PM
Sat	04/18	A	Wilson		.10AM
Tues	04/21	H	Manheim Township		4:15PM
Fri	04/24	A	Lampeter Strasburg		4:15PM
Wed	04/29	H	Conestoga Valley		4:15PM
Thurs	04/30	A	Cedar Crest		4:15PM
Sat	05/02	H	Cocalico		4:15PM

## Girls Varsity Soccer 2009

Day	Date	Place	Opponent	Score	Time
Fri	03/13	H	Cocalico (scrimmage)		4PM
Wed	03/18	A	Muhlenberg (scrimmage)		4PM
Mon	03/23	A	Conestoga Valley		4PM
Wed	03/25	A	Garden Spot		4PM
Fri	03/27	H	Warwick		4PM
Wed	04/01	A	Manheim Township		4PM
Sat	04/04	A	Solanco		4PM
Tues	04/07	A	Elizabethtown		4PM
Thurs	04/09	H	Cedar Crest		4PM
Mon	04/13	A	JP McCaskey		4PM
Wed	04/15	H	Hempfield		4PM
Fri	04/17	A	Penn Manor		4PM
Sat	04/18	A	Falcon Cup		.10AM
Tues	04/21	H	Conestoga Valley		.7:15PM
Thurs	04/23	H	Garden Spot		.7:15PM
Mon	04/27	H	Solanco		4PM
Wed	04/29	H	Elizabethtown		4PM
Thurs	04/30	A	Cedar Crest		4PM



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**Girls Junior Varsity Soccer 2009**

Day	Date	Place	Opponent	Score	Time
Mon	03/23	A	Conestoga Valley		4PM
Wed	03/25	A	Garden Spot		4PM
Fri	03/27	H	Warwick		4PM
Wed	04/01	A	Manheim Township		4PM
Sat	04/04	A	Solanco		4PM
Tues	04/07	A	Elizabethtown		4PM
Thurs	04/09	H	Cedar Crest		4PM
Mon	04/13	A	McCaskey		4PM
Wed	04/15	H	Hempfield		4PM
Fri	04/17	A	Penn Manor		4PM
Sat	04/18	A	Falcon Cup		10AM
Tues	04/21	H	Conestoga Valley		5:30PM
Thurs	04/23	H	Garden Spot		5:30PM
Mon	04/27	H	Solanco		4PM
Wed	04/29	H	Elizabethtown		4PM
Thurs	04/30	A	Cedar Crest		4PM

**Girls Varsity Softball 2009**

Day	Date	Place	Opponent	Score	Time
Tues	03/17	H	Oley Valley (scrimmage)		4PM
Fri	03/20	A	Wilson		4PM
Mon	03/23	H	Manheim Central		4:15PM
Wed	03/25	H	Cocalico		4:15PM
Fri	03/27	A	Lampeter Strasburg		4PM
Mon	03/30	A	Conestoga Valley		4PM
Wed	04/01	H	Solanco		4:15PM
Fri	04/03	H	Lebanon		4:15PM
Mon	04/06	A	Garden Spot		4:15PM
Wed	04/08	H	Elizabethtown		4:15PM
Thurs	04/09	A	Penn Manor		7PM
Mon	04/13	H	Manheim Township		4:15PM
Wed	04/15	A	Warwick		7PM
Fri	04/17	H	Cedar Crest		7PM
Mon	04/20	A	Hempfield		4:15PM
Wed	04/22	H	McCaskey		4:15PM
Fri	04/24	H	Conestoga Valley		7PM
Mon	04/27	A	Solanco		4PM
Wed	04/29	A	Lebanon		7PM
Fri	05/01	H	Garden Spot		7PM
Mon	05/04	A	Elizabethtown		7PM

**Girls Junior Varsity Softball 2009**

Day	Date	Place	Opponent	Score	Time
Fri	03/20	A	Wilson		4PM
Mon	03/23	H	Manheim Central		4:15PM
Wed	03/25	H	Cocalico		4:15PM
Fri	03/27	A	Lampeter Strasburg		4PM
Mon	03/30	A	Conestoga Valley		4PM
Wed	04/01	H	Solanco		4:15PM
Fri	04/03	H	Lebanon		4:15PM
Mon	04/06	A	Garden Spot		4:15PM
Wed	04/08	H	Elizabethtown		4:15PM
Thurs	04/09	A	Penn Manor		5:30PM
Mon	04/13	H	Manheim Township		4:15PM
Wed	04/15	A	Warwick		5PM
Fri	04/17	H	Cedar Crest		5:30PM
Mon	04/20	A	Hempfield		4:15PM
Wed	04/22	H	McCaskey		4:15PM
Fri	04/24	H	Conestoga Valley		5:30PM
Mon	04/27	A	Solanco		4PM
Wed	04/29	A	Lebanon		4:15PM
Fri	05/01	H	Garden Spot		5:30PM
Mon	05/04	A	Elizabethtown		5PM

**Boys Varsity Tennis 2009**

Day	Date	Place	Opponent	Score	Time
Mon	03/23	H	Cocalico		4PM
Thurs	03/19	A	Lampeter Strasburg		4PM
Fri	03/20	A	ELCO		4PM
Mon	03/23	H	McCaskey		4PM
Wed	03/25	A	Garden Spot		4PM
Fri	03/27	H	Penn Manor		4PM
Mon	03/30	A	Hempfield		4PM
Wed	04/01	H	Cedar Crest		4PM
Thurs	04/02	A	Manheim Township		4PM
Mon	04/06	H	Elizabethtown		4PM
Tues	04/07	A	Warwick		4PM
Thurs	04/09	H	Lebanon		4PM
Mon	04/13	A	Conestoga Valley		4PM
Tues	04/14	H	Manheim Central		3:45PM
Wed	04/15	H	Pequea Valley		4PM

**Boys/Girls Varsity Track 2009**

Day	Date	Place	Opponent	Score	Time
Mon	03/23	A	Solanco		4PM
Mon	03/30	H	Conestoga Valley		4PM
Thurs	04/02	H	Palmyra		4PM
Mon	04/06	A	Cocalico		5PM
Mon	04/14	A	Lebanon		4PM
Mon	04/20	H	Lampeter Strasburg		4PM
Thurs	04/23	H	Cedar Crest		4PM
Mon	04/27	H	Garden Spot		4PM
Sat	05/02	A	Manheim Township Relays		4PM
Mon	05/04	A	Manheim Central		4PM
Fri	05/08	A	LL Meet		4PM
Sat	05/09	A	LL Meet		8AM

**Boys Varsity Volleyball 2009**

Day	Date	Place	Opponent	Score	Time
Tues	03/24	A	Elizabethtown		7PM
Tues	03/31	H	Lebanon		7PM
Thurs	04/02	A	Garden Spot		7PM
Tues	04/07	H	Lancaster Mennonite		7PM
Thurs	04/09	H	Manheim Central		7PM
Tues	04/14	H	Cocalico		7PM
Thurs	04/16	H	Elizabethtown		7PM
Thurs	04/23	A	Lebanon		7PM
Tues	04/28	H	Garden Spot		7PM
Thurs	04/30	A	Lancaster Mennonite		7PM
Tues	05/05	A	Manheim Central		7PM
Thurs	05/07	A	Cocalico		7PM

**Good Luck  
Mounts  
Have a great season!**

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