

Month of:

October - Cross Country



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7/ Optional 30 minute Fun	8/ No School No Practice Columbus Day	9/ Away Meet West v. Bristol Boys- 4:00pm Girls- 4:30pm Pick-up @ CHMS- 5:15	10/ Off Day	11/ Optional 20 minute Fun	12/ Practice 3:00-4:30	13/ Warm up + Stretch out
20/ Optional 35 minute Fun	21/ Practice 3:00-4:30	22/ P-T Conference No Practice Optional: -30 minute Fun	23/ P-T Conference No Practice Optional: -30 minute Fun	24/ Off Day	25/ Optional 25 minute Run	26/ PT Conference No Practice Optional: 20 minute Run w/8 150m strides
27/ Optional 35 minute Fun	28/ Practice 3:00-4:30	29/ P-T Conference No Practice Optional: -30 minute Fun	30/ Off Day	31/ Optional 25 minute Run	1/ Practice 3:00-4:30	2/ Warm up + Stretch out

Month of:

November - Cross Country

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4/1 Optional Run: 30 minute run	5/1 Away Meet v. Greene Hills Boys → 4:15 PM Girls → 4:45 PM Pick-up → 5:30	6/1 No School No Practice	7/1 City Meet @ Paige Park Boys - 3:30 Pick up @ 5:00 Girls - 4:00 / 5:15	8/1 Optional Run: 15 minute Run	9/1 Home Meet Northeast Boys Race → 4:00 PM Girls Race → 4:30 PM Pick-up → 5:15 PM	2/1 Practice 5:00 - 7:30 Stretch out