

# Cross Country

September				
Monday	Tuesday	Wednesday	Thursday	Friday
1 <b>No School/No Practice</b>	2 Practice 3:00-4:00	3 Practice 3:00-4:00	4 Practice 3:00-4:00	5 Practice 3:00-4:00
8 Practice 3:00-4:00	9 Practice 3:00-4:00	10 Practice 3:00-4:00	11 <b>Meet @ Kickers 3:30</b>	12 Practice 3:00-4:00
15 <b>Meet @ Seminole Valley 3:30</b>	16 Practice 3:00-4:00	17 Practice 3:00-4:00	18 <b>Meet @ Kickers 3:30</b>	19 Practice 3:00-4:00
22 <b>No School/No Practice</b>	23 <b>Meet @ CPU 3:30</b>	24 Practice 3:00-4:00	25 <b>Team Pictures</b> Practice 3:00-4:00	26 Practice 3:00-4:00
29 <b>Meet @ Kickers 3:30</b>	30 Practice 3:00-4:00			

# Cross Country

October				
Monday	Tuesday	Wednesday	Thursday	Friday
		1 Practice 3:00-4:00	2 Practice 3:00-4:00	3 Practice 3:00-4:00
6 Practice 3:00-4:00	7 <b>Meet @ West Delaware 3:30</b>	8 Practice 3:00-4:00	9 Practice 3:00-4:00	10 <b>No Practice</b>
13 Practice 3:00-4:00	14 <b>Meet @ Seminole Valley 3:30</b>			