

Cross Country Schedule September 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Labor Day No Practice	3 Practice at the Track 3:30 – 4:45 PM	4 Practice at the Upper Campus Weight Room 3:30 – 5:00 PM	5 Practice at the Track 3:30 – 4:45 PM	6 No Practice	7
8	9 Practice at the Track 3:30 – 4:45 PM	10 Practice at the Upper Campus Weight Room 3:30 – 4:30 PM	11 Scrimmage @ Calhoun Academy 5:30 / Depart 4:15 UC	12 Practice at the Upper Campus Weight Room 3:30 – 5:00 PM	13 Practice at the Track 3:15 – 4:00 PM	14
15	16 Practice at the Track 3:30 – 4:45 PM	17 Practice at the Upper Campus Weight Room 3:30 – 5:00 PM	18 Practice at the Track 3:30 – 4:45 PM	19 Practice at the Upper Campus Weight Room 3:30 – 5:00 PM	20 No Practice	21
22	23 Practice at the Track 3:30 – 4:45 PM	24 Practice at the Upper Campus Weight Room 3:30 – 5:00 PM	25 Meet @ Patriot Park 5:00 / Depart 2:30 UC	26 No Practice	27 Practice at the Track 3:15 – 4:00 PM	28
29	30 Practice at the Track 3:30 – 4:45 PM					