

# Cross Country Schedule October 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>Sep. 30</b> Practice at the Track 3:30 – 4:45 PM	<b>1</b> Practice at the Upper Campus Weight Room 3:30 – 4:45 PM	<b>2</b> Meet @ Heathwood 5:00 Depart 2:55	<b>3</b> Open Weight Room 3:15 – 4:15 (Optional)	<b>4</b> No Practice (Homecoming)	<b>5</b> Color Run Workers Report @ 7:00 Race Starts @ 9:00
6	<b>7</b> Practice at the Track 3:30 – 4:45 PM	<b>8</b> Practice at the Upper Campus Weight Room 3:30 – 4:45 PM	<b>9</b> Meet @ Santee State Park 5:00 Depart 3:00	<b>10</b> Open Weight Room 3:15 – 4:15 (Optional)	<b>11</b> Practice at the Track 3:15 – 4:00 PM	12
13	<b>14</b> No School / No Practice	<b>15</b> Practice at the Upper Campus Weight Room 3:30 – 4:45 PM	<b>16</b> Meet @ John C. Laid Landing 5:00 Depart 2:55	<b>17</b> Open Weight Room 3:15 – 4:15 (Optional)	<b>18</b> Practice at the Track 3:15 – 4:00 PM	19
20	<b>21</b> Practice at the Track 3:30 – 4:45 PM	<b>22</b> Practice at the Upper Campus Weight Room 3:30 – 4:45 PM	<b>23</b> Meet @ Patriot Park 5:00 Depart 2:55	<b>24</b> No Practice	<b>25</b> Practice at the Track 3:15 – 4:00 PM	26
27	<b>28</b> See Revision posted on website	<b>29</b>	<b>30</b>	<b>31</b>	<b>Nov. 1</b>	<b>Nov. 2</b>