

October 2021 Cross Country Practice Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday 1	Saturday 2
					Practice at the Track 3: 15 - 4:00 PM	
Sunday 3	Monday 4	Tuesday 5	Wednesday 6	Thursday 7	Friday 8	Saturday 9
	Practice at the Track 3: 15 - 4:45 PM	Practice at the Upper Campus 3:15 - 4:15 PM	Meet @ Ridge View 5: 45 PM / Depart 3:15	Open Weight Room Upper Campus 3:00 - 4:00	Practice at the Track 3: 15 - 4:00 PM	
Sunday 10	Monday 11	Tuesday 12	Wednesday 13	Thursday 14	Friday 15	Saturday 16
	NO SCHOOL Will Post Virtual Workout	Practice at the Upper Campus 3:15 - 4:15 PM	Meet @ Santee State Park 5:00 PM / Depart 3:15	Open Weight Room Upper Campus 3:00 - 4:00	Practice at the Track 3: 15 - 4:00 PM	
Sunday 17	Monday 18	Tuesday 19	Wednesday 20	Thursday 21	Friday 22	Saturday 23
	Practice at the Track 3: 15 - 4:45 PM	Practice at the Upper Campus 3:15 - 4:15 PM	Region Meet @ Patriots Park 5:00 / Depart 3:00	Open Weight Room Upper Campus 3:00 - 4:00	Practice at the Track 3: 15 - 4:00 PM	
Sunday 24	Monday 25	Tuesday 26	Wednesday 27	Thursday 28	Friday 29	Saturday 30
	Practice at the Track 3: 15 - 4:45 PM	Halloween Carnival Practice at the Upper Campus 3:15 - 4:15 PM	Practice at the Track 3: 15 - 4:45 PM	Practice at the Upper Campus 3:15 - 4:15 PM	Virtual Day Practice 1:00 - 2:00 at the Upper Campus	State Meet @ Heathwood Time TBA
<p>IF WE HAVE TO CHANGE THE LOCATION OF PRACTICE DUE TO WEATHER IT WILL BE COMMUNICATED VIA GOOGLE CLASSROOM</p>						