

2020 Cross Country Calendar

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
August 17th-23rd	Practice 8-9:30AM	Dual vs. St. Pat's @ Washington Park be there around 4:00 meet begins at 5:00pm	Practice 4:00-5:30	No Practice Today	OFF	Cross Train Or Run on own	Run on own
August 24th- August 30th	Practice 4:00-5:30 *potential picture day during practice today*	Dual vs. Central @ Oakridge Park be there around 4:00 meet begins at 5:00pm	Practice 4:00-5:30	Orange and Black Meet @ Washington Park 5:00 p.m. (8th grade recognition)	OFF	Cross Train Or Run on own	Run on own
August 31st- September 6th	Practice 4:00-5:30	Dual vs. Eureka @ Eureka (lower) Park be there around 4:00 meet begins at 5:00pm	Practice 4:00-5:30	Popsicle Run @ the Hooste's. Normal practice time 4-5:30	OFF	Cross Train Or Run on own	Run on own
September 7th-September 13th	Labor Day- no practice	Dual vs. Dee Mack @ Washington Park be there around 4:00 meet begins at 5:00pm	Practice 4:00-5:30	Popsicle Run @ the Larsen's. Normal practice time 4-5:30	OFF	Dual vs. Germantown @ Great Oaks Church be there around 8:00AM meet begins at 9:00AM	Run on own
September 14th-September 20th	Practice 4:00-5:30	Dual vs. Metamora @ Black Partridge Park be there around 4:00 meet begins at 5:00pm	Practice 4:00-5:30	Holland's run normal practice time 4-5:30	OFF	Dual vs. EP @ Washington Park be there around 8:00AM meet begins at 9:00AM	Run on own
September 21st-- September 27th	Practice 4:00-5:30	Dual vs. Germantown @ Washington Park be there around 4:00 meet begins at 5:00pm	Practice 4:00-5:30	Popsicle Run @ the Johnston's. Normal practice time 4-5:30	OFF	Dual vs. Central @ Washington Park be there around 8:00AM meet begins at 9:00AM	Run on own
September 28th-October 4th	Practice 4:00-5:30	Dual vs. Tremont @ Washington Park be there around 4:00 meet begins at 5:00pm	Practice 4:00-5:30	Holland's run normal practice time 4-5:30	OFF	Dual vs. Morton @ Washington Park be there around 8:00AM meet begins at 9:00AM	Run on own
October 5th- October 11th	Practice 4:00-5:30	Practice 4:00-5:30	Practice 4:00-5:30	Practice 4:00-5:30	Practice 4:00-5:30	Sectionals TBA	