

Cross Country August 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8 First Practice 9:30 am-11 am	9 Practice 9:30 am-11 am	10 Practice 9:30 am-11 am	11 Practice 9:30 am-11 am	12 No Practice	13
14	15 No Practice No School	16 No Practice No School	17 Practice 3:00 pm-4:30 pm (1st Day of School!)	18 Practice 3:00 pm-4:30 pm	19 Practice 3:00 pm-4:30 pm	20
21	22 Practice 3:00 pm-4:30 pm	23 Practice 3:00 pm-4:30 pm	24 Practice 3:00 pm-4:30 pm	25 Practice 3:00 pm-4:30 pm	26 Practice 3:00 pm-4:30 pm	27
28	29 Meet @ 4:30 @ Humphrey	30 Practice 3:00 pm-4:30 pm	31 Practice 3:00 pm-3:45 pm			

Cross Country September 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Meet @ 4:30 @ Morris	2 No Practice Early Dismissal	3
4	5 No Practice No School	6 Practice 3:00 pm-4:30 pm	7 Practice 3:00 pm-3:45 pm	8 Meet @ 4:30 @ Richland (vs. Washington & Dirksen)	9 Practice 3:00 pm-4:30 pm	10
11	12 Practice 3:00 pm-4:30 pm	13 Practice 3:00 pm-4:30 pm	14 Practice 3:00 pm-3:45 pm	15 Meet @ 4:30 @ Gompers	16 Practice 3:00 pm-3:45 pm	17  Richland Cross Country Invitational 9:00 AM start
18	19 Practice 3:00 pm-4:30 pm	20 Practice 3:00 pm-4:30 pm	21 Practice 3:00 pm-3:45 pm	22 East/West Meet @ 4:30 @ Central Park	23 Practice 3:00 pm-4:30 pm	24
25	26 Practice 3:00 pm-3:45 pm	27 Meet @ 4:30 @ AVM	28 Practice 3:00 pm-4:30 pm	29 Practice 3:00 pm-4:30 pm	30 Practice 3:00 pm-4:30 pm	

Cross Country October 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Practice 3:00 pm-3:45 pm	4 Meet @ 4:30 @ Oak Prairie	5 Practice 3:00 pm-4:30 pm	6 Practice 3:00 pm-4:30 pm	7 EARLY DISMISSAL	8 SECTIONALS! TBD
9	10 No Practice No School	11	12	13	14	15 STATE! TBD (You Must Qualify)
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					