

# XC Practice Schedule August 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15 Runners Meeting- Afterschool	16	17	18	19
20	21 Running Starts- Acclimation Period	22 Running Starts- Acclimation Period	23 Running Starts- Acclimation Period	24 Running Starts- Acclimation Period	25 No Practice	26 XC Meet @ Garey Park 8 Am
27	28 Practice 4:00- 5:15 pm	29 Practice 4:00- 5:15 pm	30 Practice 4:00- 5:15 pm	31 Practice 4:00- 5:15 pm	Sept 1 No Practice	Sept 2 XC Meet @ San Juan Catholic School 9 AM-Girls; 9:30- Boys

# XC Practice Schedule **September 2023**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 No Practice	2 XC Meet @ San Juan Catholic School 9 AM-Girls; 9:30-Boys
3	4 Practice 4:00- 5:15 pm	5 Practice 4:00- 5:15 pm	6 Practice 4:00- 5:15 pm	7 Practice 4:00- 5:15 pm	8 No Practice	9 XC Meet @ Cedar Park HS 10 AM
10	11 Practice 4:00- 5:15 pm	12 Practice 4:00- 5:15 pm	13 Practice 4:00- 5:15 pm	14 Practice 4:00- 5:15 pm	15 No Practice	16 No Meet
17	18 Practice 4:00- 5:15 pm	19 Practice 4:00- 5:15 pm	20 Practice 4:00- 5:15 pm	21 Practice 4:00- 5:15 pm	22 No Practice	23 XC Meet @ Old Settlers Park 12:30 PM
24	25 Practice 4:00- 5:15 pm	26 Practice 4:00- 5:15 pm	27 Practice 4:00- 5:15 pm	28 Practice 4:00- 5:15 pm	29 No Practice	30 XC Meet @ Eastview HS 10 AM- Girls; 10:30- Boys