

SEPTEMBER 2019

Cross Country Schedule of Practice and Meets

“Runners must demonstrate in practice that they can complete the course without walking before they may participate in a meet.”

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 No Practice (Labor Day)	3 Practice 2:45-4:30	4 Creekside Invitational @ Creekside 4:30	5 Practice 2:45-4:30	6 Morning Practice <u>5:40AM</u> Practice 2:45-4:30	7 District Meet v. HSJ/River/HJ @ HSE 9am
8	9 Practice At home EARLY DISMISSAL	10 Meet VS Belzer (HOME) 5pm	11 Practice 2:45-4:30	12 Meet (AWAY) Noblesville/ Clay 5pm	13 Morning Practice <u>5:40AM</u> Practice 2:45-4:30	14
15	16 Practice At home EARLY DISMISSAL	17 Riverside Invite @ RMS 5:30	18 Practice 2:45-4:30	19 Practice 2:45-4:30	20 Morning Practice <u>5:40AM</u> Practice	21
22	23 Meet v. Pendleton/FCJH AWAY 5pm	24 Practice 2:45-4:30	25 Meet VS Ham. Heights (HOME) 5:00	26 Practice 2:45-4:30	27 Morning Practice <u>5:40AM</u> Practice 2:45-4:30	28
29	30 Meet VS Westfield (HOME) 5:00	1 Practice 2:45-4:30	2 Oskay Invite Meet (Home) 5pm	3 Annual DQ Run 2:45-4:30	4 Morning Practice <u>5:40AM</u> Practice 2:45-4:30	5 IMSCCC Northview Church 10am OPEN to ALL Runners

Please note that return times for away meets are about an hour to an hour and a half after the start time and approximate depending on a timely start and a well-run meet. Unfortunately this is sometimes out of our control. Home meets also may start after the posted time due to the late arrival of opposing teams. Thanks for your patience!

