

**Cross Country Practice Schedule**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
8/15 - 8/19	3:30 - 4:45	3:30 - 4:45	3:30 - 4:45	3:30 - 4:45	3:30 - 4:45	
8/22 - 8/26	3:30 - 4:45, <b>Parent Meeting After Practice</b>	3:30 - 4:45	3:30 - 4:45	3:30 - 4:45	3:30 - 4:45	
8/29 - 9/2	3:30 - 4:45	3:30 - 4:45	3:30 - 4:45	<b>Anderson County Meet @ 3:15</b>	3:30 - 4:45	
9/5 - 9/9	<b>No Practice LABOR DAY</b>	3:30 - 4:45	3:30 - 4:45	<b>Spring Hill Meet @ 4:15</b>	3:30 - 4:45	
9/12 - 9/16	3:30 - 4:45	3:30 - 4:45	3:30 - 4:45	<b>Wellsville Meet @ 4:00</b>	3:30 - 4:45	<b>Trail Ridge Meet @ 9:00</b>
9/19 - 9/23	3:30 - 4:45	3:30 - 4:45	3:30 - 4:45	<b>West Franklin Meet @ 4:00</b>	3:30 - 4:45	
9/26 - 9/30	3:30 - 4:45	3:30 - 4:45	3:30 - 4:45	3:30 - 4:45	3:30 - 4:45	
10/3 - 10/7	3:30 - 4:45	3:30 - 4:45	3:30 - 4:45	<b>League Meet (Eudora) @ 4:00</b>	<b>Celebration and Sonic Run</b>	