

# 2015 SLUH XC Practice Schedule

## Daily Practice Schedule Notes:

- Injured or recovering athletes are required to assist at practice if not at therapy. You are never excused from practice without permission from Coach Porter
- The team twitter will also have updates/cancellations.  
<https://twitter.com/sluhxctrack>
- Once the athlete has completed his competition schedule, he does not need to attend practice.

### **Week 1**

Monday, 8-3 – 1<sup>st</sup> practice 8:00 am

Tuesday, 8-4 – 8:00 am

Wednesday, 8-5 – 8:00 am

Thursday, 8-6 – 8:00 am

Friday, 8-7 – 8:00 am

Saturday, 8-8 – ALUMNI RACE - meet at 8:00 at Central Fields; 9:30 ALUMNI RACE and barbecue at SLUH until 12:30 p.m.

### **Week 2**

Monday, 8-10 – Faculty In-service - 3:00 pm

Tuesday, 8-11 – Faculty In-service - 3:00 pm

Wednesday, 8-12 – CLASS MEETINGS – practice after all meetings have ended (should be around 1:45pm)

Thursday, 8-13 – FIRST DAY OF CLASSES – practice at 3:15 pm

Friday, 8-14 – 3:15 pm

Saturday, 8-15 – 8:00 am

### **Week 3**

Monday, 8-17 – 3:15 pm

Tuesday, 8-18 – 3:15 pm

Wednesday, 8-19 – 3:15 pm - BACK TO SCHOOL NIGHT – Short parent meeting in the library after the event is over

Thursday, 8-20 – 3:15 pm

Friday, 8-21 – 3:15 pm

Saturday, 8-22 – 8:00 am

### **Week 4**

Monday, 8-24 – 3:15 pm

Tuesday, 8-25 – 3:15 pm

Wednesday, 8-26 – 3:15 pm

Thursday, 8-27 – 3:15 pm

Friday, 8-28 – 3:15 pm

Saturday, 8-29 – 8:00 am

# 2015 SLUH XC Practice Schedule

## Week 5

Monday, 8-31 – 3:15 pm

Tuesday, 9-1 – 3:15 pm

Wednesday, 9-2 – O’FALLON FUTURES INVITE (B/C) 3:15 pm practice for non-competitors

Thursday, 9-3 – 3:15 pm

Friday, 9-4 – 3:15 pm

Saturday, 9-5 – 8:00 am

## Week 6

Monday, 9-7 – Labor Day - 8:00 am

Tuesday, 9-8 – 3:15 pm

Wednesday, 9-9 – 3:15 pm

Thursday, 9-10 – 3:15 pm

Friday, 9-11 – 3:15 pm

Saturday, 9-12 – FOREST PARK XC FESTIVAL (V/JV/C)

## Week 7

Monday, 9-14 – 3:15 pm

Tuesday, 9-15 – Block Day - 3:00 pm

Wednesday, 9-16 – Block Day - 3:00 pm

Thursday, 9-17 - PARKWAY CENTRAL INVITATIONAL (V2)

Friday, 9-18 – Half Day – 12:15 pm

Saturday, 9-19 – PAUL ENKE INVITATIONAL (V2/JV/C)

## Week 8

Monday, 9-21 – 3:15 pm

Tuesday, 9-22 – 3:15 pm

Wednesday, 9-23 – 3:15 pm

Thursday, 9-24 – 3:15 pm

Friday, 9-25 – 3:15 pm

Saturday, 9-26 – PALATINE INVITE (V,JV) – HANCOCK INVITE (V2, JV, C)

## Week 9

Monday, 9-28 – 3:15 pm

Tuesday, 9-29 – 3:15 pm

Wednesday, 9-30 – 3:15 pm

Thursday, 10-1 – 3:15 pm

Friday, 10-2 – 3:15 pm

Saturday, 10-3 – PARKWAY WEST INVITATIONAL (V, JC, and C)

## 2015 SLUH XC Practice Schedule

### Week 10

Monday, 10-5 – 3:15 pm

Tuesday, 10-6 – 3:15 pm

Wednesday, 10-7 – 3:15 pm

Thursday, 10-8 – 3:15 pm

Friday, 10-9 – 3:15 pm

Saturday, 10-10 – MCC CHAMPIONSHIPS (V,JV, and C)

### Week 11

Monday, 10-12 – **Exam Day:** Practice after 3<sup>rd</sup> exam period

Tuesday, 10-13 - **Exam Day:** Practice after 3<sup>rd</sup> exam period

Wednesday, 10-14 – PSAT Testing for Freshmen/Sophomores/Juniors – practice will take place after all testing is done

Thursday, 10-15 - **Exam Day:** Practice after 3<sup>rd</sup> exam period

Friday, 10-16 – NO SCHOOL – Practice at 8:00 am

Saturday, 10-17 – BORGIA INVITATIONAL (V2, JV, and C) – 8:00 am practice for non-racers

### Week 12

Monday, 10-19 – 3:15 pm

Tuesday, 10-20 - 3:15 pm

Wednesday, 10-21 – 3:15 pm

Thursday, 10-22- 3:15 pm

Friday, 10-23 –CLAYTON INVITATIONAL (seniors not racing at Districts) – 3:15 pm for non-racers

Saturday, 10-24 – DISTRICTS (V) – Practice for non-racers at the meet

### Week 13

Monday, 10-26 – ½ Day of school – 12:30 pm

Tuesday, 10-27 – FACULTY DAY – 3:00 pm

Wednesday, 10-28 –FINDLEY INVITATIONAL (JV/C) – 3:15 pm for non-racers

Thursday, 10-29 – 3:15 pm

Friday, 10-30 – 3:15 pm

Saturday, 10-31 – SECTIONAL CHAMPIONSHIPS (V) – All team members expected at meet

### Week 14

Monday, 11-2 – 3:15 pm

Tuesday, 11-3 – 3:15 pm

Wednesday, 11-4 – 3:15 pm

Thursday, 11-5 – 3:15 pm

Friday, 11-6 – Varsity departs for state in the am – Practice at the course

Saturday, 11-7 – STATE CHAMPIONSHIP (V) – All team members are encouraged to attend the meet

Sunday, 11-8 – SLUH OPEN HOUSE (volunteers are needed for the XC table)

## **2015 SLUH XC Practice Schedule**

### **NXN**

The Nike Cross Nationals Regional Championship will take place on Sunday, November 15<sup>th</sup> in Terre Haute, IN. All varsity letter-winners are highly encouraged to attend this meet. To meet MSHSAA regulations, the coaches will not be at practice this week and the team will run as the "St. Louis XC Club". In order to attend the meet, the student-athlete must continue to meet with the other athletes and pay for their attendance at the meet. Again, the coaches highly encourage all varsity letter-winners to attend this meet because it provides a very high level of competition.