

2016 SLUH XC Daily 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, 8-1 – 1st practice 8:00 am
Tuesday, 8-2 – 8:00 am
Wednesday, 8-3 – 8:00 am
Thursday, 8-4 – 8:00 am
Friday, 8-5 – 8:00 am
Saturday, 8-6 – ALUMNI RACE - meet at 8:00 at Central Fields; 9:30 ALUMNI RACE, BBQ at SLUH until 12:30 p.m.

Week 2

Monday, 8-8 – 8:00 am
Tuesday, 8-9 – 8:00 am
Wednesday, 8-10 – 8:00 am
Thursday, 8-11 – 8:00 am
Friday, 8-12 – 8:00 am
Saturday, 8-13 – 8:00 am

Week 3

Monday, 8-15 – Faculty In-service – 3:00 pm
Tuesday, 8-16 – Faculty In-service – 3:00 pm
Wednesday, 8-17 – Freshmen Orientation – 12:30pm
Thursday, 8-18 – Class Meetings – 1:45pm
Friday, 8-19 – First Day of School - 3:15 pm
Saturday, 8-20 – 8:00 am

Week 4

Monday, 8-22 – 3:15 pm
Tuesday, 8-23 – 3:15 pm
Wednesday, 8-24 – 3:15 pm
Thursday, 8-25 – 3:15 pm
Friday, 8-26 – 3:15 pm
Saturday, 8-27 – 8:00 am

Week 5

Monday, 8-29 – 3:15 pm
Tuesday, 8-30 – 3:15 pm
Wednesday, 8-31 – O'FALLON FUTURES INVITE (B/C) 3:15 pm practice for non-competitors
Thursday, 9-1 – 3:15 pm
Friday, 9-2 – 3:15 pm
Saturday, 9-3 – GRANITE CITY INVITATIONAL (V/JV/C)

Week 6

Monday, 9-5 – Labor Day - 8:00 am
Tuesday, 9-6 – 3:15 pm
Wednesday, 9-7 – 3:15 pm
Thursday, 9-8 – 3:15 pm
Friday, 9-9 – 3:15 pm
Saturday, 9-10 – FOREST PARK XC FESTIVAL (V/JV/C)

Week 7

Monday, 9-12 – 3:15 pm
Tuesday, 9-13 – Block Day - 3:00 pm
Wednesday, 9-14 – Block Day - 3:00 pm
Thursday, 9-15 – 3:15 pm
Friday, 9-16 – 3:15 pm
Saturday, 9-17 – PAUL ENKE INVITATIONAL (V2/JV/C)

Week 8

Monday, 9-19 – 3:15 pm
Tuesday, 9-20 – 3:15 pm
Wednesday, 9-21 – 3:15 pm
Thursday, 9-22 – 3:15 pm
Friday, 9-23 – 3:15 pm
Saturday, 9-24 – PALATINE INVITE (V,JV) – HANCOCK INVITE (V2, JV, C)

Week 9

Monday, 9-26 – 3:15 pm
Tuesday, 9-27 – 3:15 pm
Wednesday, 9-28 – Faculty In-Service - 3:00pm
Thursday, 9-29 – 3:15 pm
Friday, 9-30 – Half Day - 12:30 pm
Saturday, 10-1 – PARKWAY WEST INVITATIONAL (V, JC, and C)

Week 10

Monday, 10-3 – 3:15 pm
Tuesday, 10-4 – 3:15 pm
Wednesday, 10-5 – 3:15 pm
Thursday, 10-6 – 3:15 pm
Friday, 10-7 – 3:15 pm
Saturday, 10-8 – MCC CHAMPIONSHIPS (V,JV, and C)

Week 11

Monday, 10-10 – 3:15 pm
Tuesday, 10-11 – 3:15 pm
Wednesday, 10-12 – 3:15 pm

Thursday, 10-13 – 3:15 pm
Friday, 10-14 – 3:15 pm
Saturday, 10-15 – BORGIA INVITATIONAL (V2, JV, and C) – 8:00 am practice for non-racers

Week 12

Monday, 10-17 – **Exam Day:**
Practice after 3rd exam period
Tuesday, 10-18 – **Exam Day:**
Practice after 3rd exam period
Wednesday, 10-19 – Standardized Testing for Frosh /Soph / Juniors – *practice will take place after all testing is done*
Thursday, 10-20 – **Exam Day:**
Practice after 3rd exam period
Friday, 10-21 – NO SCHOOL – Practice at 8:00 am - CLAYTON INVITATIONAL (seniors not racing at Districts) – racers will meet at course and will not have practice in the morning
Saturday, 10-22 – DISTRICTS (V) – Practice for non-racers at the meet

Week 13

Monday, 10-24 – 3:15 pm
Tuesday, 10-25 – 3:15 pm
Wednesday, 10-26 – FINDLEY INVITATIONAL (JV/C) – 3:15 pm for non-racers
Thursday, 10-27 – 3:15 pm
Friday, 10-28 – 3:15 pm
Saturday, 10-29 – SECTIONAL CHAMPIONSHIPS (V) – All team members expected at meet

Week 14

Monday, 10-31 – 3:15 pm
Tuesday, 11-1 – 3:15 pm
Wednesday, 11-2 – 3:15 pm
Thursday, 11-3 – 3:15 pm
Friday, 11-4 – Varsity departs for state in the am – Practice at the course
Saturday, 11-5 – STATE CHAMPIONSHIP (V) – All team members are encouraged to attend the meet
Sunday, 11-6 – SLUH OPEN HOUSE (volunteers are needed for the XC table)