

# 2018 SLUH XC Daily Practice & Meet Schedule

## Notes:

- By rule, all current physicals must be uploaded into an online system called Privit before the SLUH Medical Office will clear a student-athlete to practice
- Parents must communicate any request for an excused absence for their son from any practice or meet to Coach Porter. He will determine if the request meets the criteria for an excused absence.
- Unless at an approved doctor appointment, injured or recovering athletes are required to attend all practices and meets.
- The team Twitter (@sluhxctrack) will post updates to this schedule, as needed. (<https://twitter.com/sluhxctrack>)
- Once a JV/C athlete not named to the State Travel Team has completed his competition schedule on 10/24, he does not need to attend further practices unless he is participating in NXN.

## WEEK 1

Mon 8/6: *First practice*, 8:00 am

Tu 8/7: 8:00 am

Wed 8/8: 8:00 am

Th 8/9: 8:00 am

Fri 8/10: 8:00 am

Sat 8/11: **ALUMNI RACE (ALL)** - Meet 8:30am at SLUH Track, 10:00am race, BBQ at SLUH until 12:00 pm

## WEEK 2

Mon 8/13: *Faculty In-service*, 3:00 pm

Tu 8/14: *Class Meetings*, 3:00 pm

Wed 8/15: *Faculty In-Service*, 3:00pm

Th 8/16: *First Day of Class*, 3:15pm

Fri 8/17: 3:15 pm

Sat 8/18: 8:00 am

## WEEK 3

Mon 8/20: 3:15 pm

Tu 8/21: 3:15 pm

Wed 8/22: 3:15 pm

Th 8/23: 3:15 pm

Fri 8/24: 3:15 pm

Sat 8/25: 8:00 am

## WEEK 4

Mon 8/27: 3:15 pm

Tu 8/28: 3:15 pm

Wed 8/29: **O'FALLON FUTURES INVITATIONAL (B/C)**, 3:15 pm practice for non-competitors

Th 8/30: 3:15 pm

Fri 8/31: 3:15 pm

Sat 9/1: **GRANITE CITY INVITATIONAL (V/JV/C)**

## WEEK 5

Mon 9/3: *Labor Day*, 8:00 am

Tu 9/4: 3:15 pm

Wed 9/5: 3:15 pm

Th 9/6: 3:15 pm

Fri 9/7: 3:15 pm

Sat 9/8: **FOREST PARK XC FESTIVAL (V/JV/C)**

## WEEK 6

Mon 9/10: 3:15 pm

Tu 9/11: 3:15 pm

Wed 9/12: 3:15 pm

Th 9/13: 3:15 pm

Fri 9/14: 3:15 pm

Sat 9/15: **PAUL ENKE INVITATIONAL (V2/JV/C)**

## WEEK 7

Mon 9/17: 3:15 pm

Tu 9/18: 3:15 pm

Wed 9/19: 3:15 pm

Th 9/20: 3:15 pm

Fri 9/21: *Faculty In-Service*, **ED WHITE INVITE (V2/JV/C)**

Sat 9/22: **PALATINE INVITE (V/JV)**

## WEEK 8

Mon 9/24: 3:15 pm

Tu 9/25: 3:15 pm

Wed 9/26: 3:15 pm

Th 9/27: 3:15 pm

Fri 9/28: 3:15 pm

Sat 9/29: **PARKWAY WEST INVITATIONAL (V/JV/C)**

## WEEK 9

Mon 10/1: 3:15 pm

Tu 10/2: 3:15 pm

Wed 10/3: 3:15 pm

Th 10/4: **MCC CHAMPIONSHIPS (V/JV/C)**

Fri, 10/5: 3:15 pm

Sat 10/6: 8:00 am

## WEEK 10

Mon 10/8: 3:15 pm

Tu 10/9: 3:15 pm

Wed 10/10: *Standardized Testing for Fr/So/Jr*, Practice for all at 12:00pm.

Th 10/11: 3:15 pm

Fri 10/12: 3:15 pm

Sat 10/13: **BORGIA INVITATIONAL (V2/JV/C)**, 8:00 am varsity practice at SLUH

## WEEK 11

Mon 10/15: *Half Day*, 12:30 pm

Tu 10/16: *Exam Day: Practice after 3<sup>rd</sup> exam period (1:45pm)*

Wed 10/17: *Exam Day: Practice after 3<sup>rd</sup> exam period (1:45pm)*

Th 10/18: *Exam Day: Practice after 3<sup>rd</sup> exam period (1:45pm)* **CLAYTON INVITATIONAL (seniors not racing at Districts)**

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Fri 10/19: *No School*, 8:00 am.

Sat 10/20: **DISTRICT CHAMPIONSHIP (V)**, Practice for non-racers at the meet

## WEEK 12

Mon 10/22: 3:15 pm

Tu 10/23: 3:15 pm

Wed 10/24: **FINDLEY INVITATIONAL (JV/C)**, 3:15 pm for non-racers

Th 10/25: *Half Day*, 12:30 pm

Fri 10/26: 3:15 pm

Sat 10/27: **SECTIONAL CHAMPIONSHIP (V)**, all non-competitors encouraged to attend

## WEEK 13

Mon 10/29: 3:15 pm

Tu 10/30: 3:15 pm

Wed 10/31: 3:15 pm

Th 11/1: 3:15 pm

Fri 11/2: *Varsity departs for state in the am. Practice at the course*

Sat 11/3: **STATE CHAMPIONSHIP (V)**, All team members encouraged to attend

Sun 11/4: **SLUH OPEN HOUSE**. Volunteers are needed for the XC table.



**SLUH**  
CROSS COUNTRY