

# SLUH XC DAILY SCHEDULE - 2020

Given what we currently know, this schedule represents the coaches' best attempt to lay out a plan for the 2020 XC season. Changes will inevitably arise, so please bookmark this page and check back often. The coaches are 100% committed to doing everything in our power to give all of our student-athletes a safe, challenging, and fun opportunity to participate and compete in a season of SLUH Cross Country.

<b>HEAD COACH:</b> Joe Porter	jporter@sluh.org
<b>ASSISTANT COACHES:</b> Brian Gilmore	bgilmore@sluh.org
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## Notes:

- \* By rule, all current physicals must be uploaded into Privity & approved before the SLUH Medical Office can clear a student-athlete to practice.
- \* We will abide by all COVID-19 policies and protocols put in place by SLUH and the SLUH Athletic Department.
- \* Cross country is a six-day-a-week sport at SLUH. All practices begin from SLUH and will utilize Forest Park.
- \* 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. **Especially given the complexities we all face, please be proactive in communicating with Coach Porter about any circumstances and/or difficulties meeting this team expectation.**
- \* The team Twitter ([@sluhxctrack](https://twitter.com/sluhxctrack)) and weekly newsletter will post notices of updates to this schedule. Contact Coach Gilmore if you are not receiving team emails.
- \* We will add more information on meets and competitions as it is made available to us.
- \* Unless a JV/C athlete has been named to the State Travel Team, he does not need to attend further practices after completing his competition schedule.

## WEEK 1: AUGUST 10-15

Mon 8/10:	8:00 AM	No practice
Tu 8/11:	8:00 AM	No practice
Wed 8/12:	8:00 AM	No practice
Th 8/13:	3:00 PM	No practice
Fri 8/14:	3:00 PM	No practice
Sat 8/15:	8:00 AM	No practice

## WEEK 2: AUGUST 17-22

Mon 8/17:	3:00 PM	No practice
Tu 8/18:	3:00 PM	No practice
Wed 8/19:	3:00 PM	No practice
Th 8/20:	3:45 PM	No practice
Fri 8/21:	3:45 PM	No practice
Sat 8/22:	8:00 AM	No practice

## WEEK 3: AUGUST 24-29

	<i>Practice time</i>	<i>Class Schedule</i>
Mon 8/24:	4:00 PM	Virtual 5-7
Tu 8/25:	4:00 PM	Virtual 5-7
Wed 8/26:	4:00 PM	Faber Day
Th 8/27:	4:00 PM	Virtual 1-4
Fri 8/28:	4:00 PM	Virtual 1-4
Sat 8/29:	8:00 AM	<a href="#">Virtual Alumni Race / Time Trial Results</a>

#### **WEEK 4: AUGUST 31-SEPTEMBER 5**

	<i>Practice time</i>	<i>Class Schedule</i>
Mon 8/31:	4:00 PM	Virtual 5-7
Tu 9/1:	4:00 PM	Virtual 5-7
Wed 9/2:	4:00 PM	Faber Day
Th 9/3:	4:00 PM	Virtual 1-4
Fri 9/4:	4:00 PM	Virtual 1-4
Sat 9/5:	8:00 AM	

#### **WEEK 5: SEPTEMBER 7-12**

	<i>Practice time</i>	<i>Class Schedule</i>
Mon 9/7:	8:00 AM	No Classes; Labor Day
Tu 9/8:	4:00 PM	Virtual 5-7
Wed 9/9:	4:00 PM	Virtual 5-7
Th 9/10:	4:00 PM	Ignatius 1-4 ( <i>In-person classes begin for one of two cohorts</i> )
Fri 9/11:	4:00 PM	Xavier 1-4
Sat 9/12:	8:00 AM	

#### **WEEK 6: SEPTEMBER 14-19**

	<i>Practice time</i>	<i>Class Schedule</i>
Mon 9/14:	4:00 PM	Ignatius 5-7
Tu 9/15:	4:00 PM	Xavier 5-7
Wed 9/16:	4:00 PM	Faber Day
Th 9/17:	4:00 PM	Ignatius 1-4
Fri 9/18:	4:00 PM	Xavier 1-4
Sat 9/19:	8:00 AM	

#### **WEEK 7: SEPTEMBER 21-26**

	<i>Practice time</i>	<i>Class Schedule</i>
Mon 9/21:	4:00 PM	Ignatius 5-7
Tu 9/22:	4:00 PM	Xavier 5-7
Wed 9/23:	4:00 PM	Faber Day
Th 9/24:	4:00 PM	Ignatius 1-4
Fri 9/25:	4:00 PM	Xavier 1-4
Sat 9/26:	<b>First race 10:00a</b>	<b>Parkway West Cowboy Classic. All team members race.</b>

#### **WEEK 8: SEPTEMBER 28 - OCTOBER 3**

	<i>Practice time</i>	<i>Class Schedule</i>
Mon 9/28:	4:00 PM	Ignatius 5-7
Tu 9/29:	4:00 PM	Xavier 5-7
Wed 9/30:	4:00 PM	Faber Day
Th 10/1:	4:00 PM	Ignatius 1-4; <b>Meet at Chaminade for non-racers on 10/3. Practice at SLUH for those racing on 10/3.</b>
Fri 10/2:	4:00 PM	Xavier 1-4
Sat 10/3:	8:00 AM	<b>Split squad. Twenty-one racing at Parkway West Dale Shepherd Invitational, others at SLUH for 8am practice.</b>

#### **WEEK 9: OCTOBER 5-10**

	<i>Practice time</i>	<i>Class Schedule</i>
Mon 10/5:	4:00 PM	Ignatius 5-7
Tu 10/6:	4:00 PM	No classes; ACT Testing day for seniors.
Wed 10/7:	4:00 PM	Xavier 5-7; <b>MCC Championships at Chaminade. All team members race.</b>
Th 10/8:	4:00 PM	Ignatius 1-4

Fri 10/9:	4:00 PM	Xavier 1-4
Sat 10/10:	8:00 AM	

### **WEEK 10: OCTOBER 12-17**

	<i>Practice time</i>	<i>Class Schedule</i>
Mon 10/12:	4:00 PM	Ignatius 5-7
Tu 10/13:	4:00 PM	Xavier 5-7
Wed 10/14:	1:00 PM	No classes; PSAT Testing for Sophomores & Juniors in AM
Th 10/15:	Race	Ignatius 1-4; <b>Quad Meet at Jefferson Barracks Park</b>
Fri 10/16:	4:00 PM	Xavier 1-4
Sat 10/17:	8:00 AM	

### **WEEK 11: OCTOBER 19-24**

	<i>Practice time</i>	<i>Class Schedule</i>
Mon 10/19:	4:00 PM	No classes; Grading Day
Tu 10/20:	4:00 PM	Ignatius 5-7
Wed 10/21:	4:00 PM	Xavier 5-7
Th 10/22:	4:00 PM	Ignatius 1-4; <b>WEBSTER INV (28 racers)</b> - Rest of team at SLUH for practice.
Fri 10/23:	4:00 PM	Xavier 1-4; <b>CLAYTON INV</b> or <b>BIG RIVER INV</b> . Webster racers at SLUH for practice.
Sat 10/24:	8:00 AM	

### **WEEK 12: OCTOBER 26-31**

	<i>Practice time</i>	<i>Class Schedule</i>
Mon 10/26:	4:00 PM	Ignatius 5-7. Team pictures at 4pm.
Tu 10/27:	4:00 PM	Xavier 5-7
Wed 10/28:	4:00 PM	Freshman Fun & Formation Day - no classes for Soph, Junior, Senior. <b>Findley JV/C Meet at Chaminade</b> (for all non-District runners). End of season for most team members. Anyone is welcome to continue training with us after this date - just let the coaches know, so we can expect you.
Th 10/29:	4:00 PM	Ignatius 1-4
Fri 10/30:	4:00 PM	Xavier 1-4
Sat 10/31:	11:45 AM	<b>DISTRICT CHAMPIONSHIP</b> - 11:45 am (Top 7 varsity runners race)

### **WEEK 13: NOVEMBER 2-7**

	<i>Practice time</i>	<i>Class Schedule</i>
Mon 11/2:	4:00 PM	Ignatius 5-7
Tu 11/3:	4:00 PM	Xavier 5-7
Wed 11/4:	4:00 PM	Faber Day
Th 11/5:	4:00 PM	Ignatius 1-4
Fri 11/6:	<i>TBD</i>	Xavier 1-4. State team practices on MKT Trail in Columbia, MO.
Sat 11/7:	11:00 AM	<b>STATE CHAMPIONSHIP</b> - 11:00am (Top 7 varsity runners race)