

Cross Country Schedule  
September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31 Practice 2:45 - 4pm	1 Practice 2:45 - 4pm	2 NO PRACTICE	3	4
5	6	7 Practice 2:45 - 4pm	8 Practice 2:45 - 4pm	9 Meet @ Christmas Hill 4:00- "C" Boys, 4:05- "C" Girls 4:20- 7th Boys, 4:25- 7th Girls 4:40- 8th Boys, 4:45- 8th Girls	10	11
12	13	14 Practice 2:45 - 4pm	15 Practice 2:45 - 4pm	16 Meet @ Christmas Hill 4:00- "C" Boys, 4:05- "C" Girls 4:20- 7th Boys, 4:25- 7th Girls 4:40- 8th Boys, 4:45- 8th Girls	17	18
19	20	21 Practice 2:45 - 4pm	22 Practice 2:45 - 4pm	23 <b>South Division Meet</b> @ Christmas Hill	24	25

## October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28 Practice 2:45 - 4pm	29 Practice 2:45 - 4pm	30 Practice 2:45 - 4pm	1	2
3	4	5 Practice 2:45 - 4pm	6 Practice 2:45 - 4pm	7 <b>League Finals</b> @ Christmas Hill	8	9

\*\*\*Please remember **attendance** is a big part of any sport. We will follow the attendance policy listed in the student planner.

-3 unexcused absences will result in being removed from the team

-Missing 5 total days will result in being removed from the team

Meet will start with a coaches meeting at 3:45, first runners at 4pm.

Order will be-- 4:00- "C" Boys, 4:05- "C" Girls

4:20- 7th grade Boys, 4:25- 7th grade Girls

4:40- 8th grade Boys, 4:45- 8th grade Girls

5:00pm FUN RUN

--Runners may leave after they run on all meet days.

For COVID guidelines and protocols please see GUSD website

**Mask Policy:** when students are engaged in physical activity outdoors, they will not be required to wear a mask. During team huddles, students will be expected to wear a mask regardless of setting.

Students will be encouraged and expected to maintain physical distance when outside and not wearing a mask.

Keeping a mask on a lanyard is helpful so students have it when needed.