

# SLUH XC DAILY SCHEDULE - 2021

This schedule represents the coaches' best plan for the 2021 XC season. Please bookmark this page and check back often.

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## Notes:

- \* By rule, all current physicals must be uploaded into Privit & approved before the SLUH Medical Office can clear a student-athlete to practice. [Details here.](#)
- \* We will abide by any 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. **Please be proactive in communicating with Coach Porter about any circumstances and/or difficulties meeting this team expectation.**
- \* The team Twitter ([@sluhxctrack](#)) and weekly newsletter will post notices of updates to this schedule. Contact Coach Gilmore if you are not receiving team emails.
- \* Unless a JV/C athlete has been named to the State Travel Team or is racing at NXR, he does not need to attend further practices after completing his competition schedule.

## WEEK 1: AUGUST 9-14

	<i>Practice time</i>	
Mon 8/9:	8:00 a.m.	First day of practice. Physicals due in Privit. Meet in front of the Danis Field House.
Tu 8/10:	8:00 a.m.	
Wed 8/11:	8:00 a.m.	
Th 8/12:	3:00 p.m.	3:00 p.m. start due to Faculty Meetings
Fri 8/13:	6:00 p.m.	Alumni Race + BBQ. Meet at Track 6:00 p.m. Races begin at 7:00 p.m. BBQ follows. Night over by about 8:30 p.m.
Sat 8/14:	8:00 a.m.	We practice or race every Saturday throughout the season.

## WEEK 2: AUGUST 16-21

	<i>Practice time</i>	
Mon 8/16:	3:00 p.m.	3:00 p.m. start due to Faculty Meetings
Tu 8/17:	1:45 p.m.	Grade Level Meetings
Wed 8/18:	3:30 p.m.	First Day of Classes. Practices for younger & lower distance athletes will be completed by 5:30 p.m. Others, a little bit longer.
Th 8/19:	3:30 p.m.	Parent Meeting on Zoom at the conclusion of Back to School Night (8:45 p.m.)
Fri 8/20:	3:30 p.m.	
Sat 8/21:	8:00 a.m.	

## WEEK 3: AUGUST 23-28

	<i>Practice time</i>	
Mon 8/23:	3:30 p.m.	
Tu 8/24:	3:30 p.m.	Optional 6:15 a.m. practice because of heat.
Wed 8/25:	3:30 p.m.	Optional 6:15 a.m. practice because of heat.
Th 8/26:	3:30 p.m.	Optional 6:15 a.m. practice because of heat.
Fri 8/27:	3:30 p.m.	Sophomores have a quicker practice for their Running of the Bills
Sat 8/28:	7:00 a.m.	Bumped up an hour because of heat.

## WEEK 4: AUGUST 30 - SEPTEMBER 4

	<i>Practice time</i>	
Mon 8/30:	3:30 p.m.	
Tu 8/31:	3:30 p.m.	
Wed 9/1:	<b>O'Fallon (IL) B/C Meet</b>	Freshmen/Sophomores race at O'Fallon. Juniors and seniors have practice at SLUH.
Th 9/2:	3:30 p.m.	
Fri 9/3:	3:30 p.m.	Freshmen have a quicker practice for their Running of the Bills
Sat 9/4:	<b>Granite City Invitational</b>	All athletes compete or support at Granite City.

## WEEK 5: SEPTEMBER 6-11

	<i>Practice time</i>	
Mon 9/6:	8:00 a.m.	No Classes; Labor Day.
Tu 9/7:	3:30 p.m.	
Wed 9/8:	3:30 p.m.	
Th 9/9:	3:30 p.m.	
Fri 9/10:	3:30 p.m.	
Sat 9/11:	<b>Forest Park XC Festival</b>	All athletes compete or support at Forest Park. Varsity race at 10:40am, JV 1:10pm, Freshmen 2:05pm

## WEEK 6: SEPTEMBER 13-18

	<i>Practice time</i>	
Mon 9/13:	3:30 p.m.	
Tu 9/14:	3:30 p.m.	
Wed 9/15:	3:30 p.m.	
Th 9/16:	3:30 p.m.	
Fri 9/17:	3:30 p.m.	
Sat 9/18:	<b>Paul Enke XC Invitational</b>	Races: V2, JV, C

**WEEK 7: SEPTEMBER 20-25**

<i>Practice time</i>		
Mon 9/20:	3:30 p.m.	
Tu 9/21:	3:30 p.m.	
Wed 9/22:	3:30 p.m.	
Th 9/23:	3:30 p.m.	
Fri 9/24:	<b><u>Fox Ed White Invitational</u></b>	V-2, JV, C race. Palatine racers depart for Chicago in the morning.
Sat 9/25:	8:00 a.m.	For the Fox Ed White racers not travelling to Palatine.
Sat 9/25:	<b><u>Palatine Invitational</u></b>	Small group (14) travels to Chicago for this meet.

**WEEK 8: SEPTEMBER 27 - OCTOBER 2**

<i>Practice time</i>		
Mon 9/27:	3:30 p.m.	
Tu 9/28:	3:30 p.m.	
Wed 9/29:	3:30 p.m.	
Th 9/30:	3:30 p.m.	
Fri 10/1:	3:30 p.m.	
Sat 10/2:	<b><u>Parkway West Invitational</u></b>	All athletes compete or support at Parkway West.

**WEEK 9: OCTOBER 4-9**

<i>Practice time</i>		
Mon 10/4:	3:30 p.m.	
Tu 10/5:	3:30 p.m.	
Wed 10/6:	3:30 p.m.	
Th 10/7:	<b><u>MCC Championships</u></b>	All athletes compete or support at MCC @ Jefferson Barracks. Varsity 4:00pm, JV 4:45pm, Freshmen 5:30 pm
Fri 10/8:	3:30 p.m.	
Sat 10/9:	8:00 a.m.	

**WEEK 10: OCTOBER 11-16**

<i>Practice time</i>		
Mon 10/11:	3:30 p.m.	
Tu 10/12:	3:30 p.m.	
Wed 10/13:	3:00 p.m.	PSAT (So/Jr); Senior Fun Day
Th 10/14:	3:30 p.m.	
Fri 10/15:	8:00 a.m.	No classes - Grading Day
Sat 10/16:	<b><u>Hancock Invitational</u></b>	V2, JV, C. Varsity race at 8:30 a.m. Everyone else in the 9:30 a.m. JV race.

**WEEK 11: OCTOBER 18-23**

<i>Practice time</i>		
Mon 10/18:	3:30 p.m.	
Tu 10/19:	3:30 p.m.	
Wed 10/20:	3:30 p.m.	
Th 10/21:	3:30 p.m.	
Fri 10/22:	<b><u>Big River Invitational</u></b>	Varsity, 4:20 p.m. Junior varsity, 5:10 p.m. JV 2, 5:40 p.m.
Fri 10/22:	<b><u>Clayton Invitational</u></b>	V2, JV (small group - mainly seniors). V2 = 3:45 p.m. JV = 4:55 p.m.
Sat 10/23:	8:00 a.m.	

**WEEK 12: OCTOBER 25-30**

<i>Practice time</i>		
Mon 10/25:	3:30 p.m.	Team photos taken at the start of practice
Tu 10/26:	3:30 p.m.	
Wed 10/27:	<b><u>Findley Invitational</u></b>	This is the final day of the season for all JV/C athletes not on the State Travel Team or competing at NXR.
Th 10/28:	3:30 p.m.	All JV/C runners are invited to continue training with the team through season-end.
Fri 10/29:	3:00 p.m.	District racers & alternates will practice at Hillsboro. Others can practice at Hillsboro OR SLUH at 3:00 p.m. <i>P/T Conference Day.</i>
Sat 10/30:	<b><u>District Championship</u></b>	Hillsboro High School. SLUH race (Class 5 Boys) at 10:15 a.m.

**WEEK 13: NOVEMBER 1-6**

<i>Practice time</i>		
Mon 11/1:	3:30 p.m.	
Tu 11/2:	3:30 p.m.	
Wed 11/3:	3:30 p.m.	
Th 11/4:	<i>State Travel Day</i>	State travel team departs for Columbia & practices on course at Gans Creek
Fri 11/5:	<b><u>State Championship</u></b>	Class 5 Boys Race at 11:15 a.m.

**OTHER IMPORTANT DATES**

Sun 11/7	Open House - SLUH	Volunteers needed to work XC & Track tables - contact Coach Porter
Sun 11/14	NXR Regional Qualifier	Terre Haute, IN
Wed 11/17	Season Banquet	All team members & parents are invited to attend.
Sat 11/20	5th Annual Run for ALD	<a href="#">Race information</a>