

SP East XCcountry - Practice & Meet Calendar 2023

Electronic Calendar → <https://tinyurl.com/SPEastXC>

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
0	8/07	8/08	8/09	8/10	8/11	8/12 SPEXC Booster Club Car Wash 9:00 - 11:00 AM St. Vinny's
1	8/14 Practice 7:00 - 9:30 AM <i>Athletes meet in the SPEHS Wrestling Room.</i>	8/15 Practice 7:00 - 9:30 AM	8/16 Practice 7:00 - 9:30 AM	8/17 Practice 7:00 - 10:00 AM <i>Possible McCarthy Park Destination Practice (7:00 - 10:00 AM)</i>	8/18 Practice 7:00 - 9:30 AM <i>Garage Sale Run bring \$5 - \$10</i>	8/19 <i>No Official Practice</i>
2	8/21 Practice 7:00 - 9:30 AM <i>Last day to add new athletes (unless they are in a different fall sport)</i>	8/22 Practice 7:00 - 2:00 PM <i>Possible Devil's Lake & Culver's Practice (7:00 - 2:00 PM)</i>	8/23 Practice 7:00 - 9:30 AM	8/24 Practice 7:00 - 9:30 AM	8/25 Practice 7:00 - 9:30 AM	8/26 Glenn Herold Invite @ Watertown HS Bus @ 6:45 AM
3	8/28 Practice 4:05 - 6:05 PM	8/29 Practice 4:05 - 6:05 PM	8/30 Practice 4:05 - 6:05 PM <i>Burrachos XC Night</i>	8/31 Practice 4:05 - 6:30 PM <i>Possible McCarthy Park Destination Practice (4:05 - 6:30 PM)</i>	9/01 Practice 4:05 - 6:05 PM	9/02 Verona Invite @ Verona HS Bus @ 6:45 AM
4	9/04 Labor Day <i>No Official Practice</i>	9/05 First Day of School Practice 4:05 - 6:05 PM	9/06 Practice 4:05 - 6:05 PM	9/07 Practice 4:05 - 6:05 PM	9/08 Practice 4:05 - 6:05 PM	9/09 River Valley Invite @ Spring Green Golf Course (Culver's Afterwards) Bus @ 6:45 AM
5	9/11 Practice 4:05 - 6:05 PM	9/12 Big 8 Grade Level Challenge @ Lake Farm Country Park in Madison Bus @ 1:30 PM	9/13 Practice 4:05 - 6:05 PM	9/14 Practice 4:05 - 6:05 PM	9/15 Practice 4:05 - 6:05 PM	9/16 Off Weekend No Competitions No Official Practice

SP East XCountry - Practice & Meet Calendar 2023

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6	9/18 Practice 4:05 - 6:05 PM	9/19 Practice 4:05 - 6:05 PM	9/20 Practice 4:05 - 6:05 PM	9/21 Practice 4:05 - 6:05 PM	9/22 Practice 4:05 - 6:05 PM	9/23 Midwest Invite @ Blackhawk Golf Course in Janesville Bus @ 6:45 AM
7	9/25 Practice 4:05 - 6:05 PM	9/26 Practice 4:05 - 6:05 PM	9/27 Practice 4:05 - 6:05 PM	9/28 Practice 4:05 - 6:05 PM	9/29 Practice 4:05 - 6:05 PM	9/30 Stoughton Invite @ Stoughton HS Bus @ 7:15 AM
8	10/02 No School Practice 4:05 - 6:05 PM	10/03 Practice 4:05 - 6:05 PM	10/04 Practice 4:05 - 6:05 PM	10/05 Practice 4:05 - 6:05 PM	10/06 Practice 4:05 - 6:05 PM	10/07 Jim Newman Invite @ Ridges Golf Course in Wisconsin Rapids (Culver's Afterwards) Bus @ 6:30 AM
9	10/09 Practice 4:05 - 6:05 PM	10/10 Practice 4:05 - 6:05 PM	10/11 Practice 4:05 - 6:05 PM	10/12 Practice 4:05 - 6:05 PM Homecoming Parade Night - Time TBD	10/13 Practice 4:05 - 6:05 PM	10/14 Big 8 Conference Meet @ Verona HS Bus @ 7:00 AM
10	10/16 Practice 4:05 - 7:05 PM Possible Glacial Drumlin Trail Destination Practice (4:05 - 7:05 PM)	10/17 Practice 4:05 - 6:05 PM	10/18 Practice 4:05 - 6:05 PM	10/19 P/T Conferences Practice 4:05 - 6:05 PM	10/20 No School Practice 4:05 - 6:05 PM	10/21 WIAA Sectional Meet (Varsity Only) @ Verona HS Bus TBD
11	10/23 Practice 4:05 - 6:05 PM	10/24 Practice 4:05 - 6:05 PM	10/25 Practice 4:05 - 6:05 PM Tentative Banquet & Awards Night	10/26 Practice 4:05 - 6:05 PM	10/27 Practice 4:05 - 6:05 PM	10/28 WIAA State Meet (Qualifying Varsity) @ Ridges Golf Course (Dinner Afterwards) Bus TBD



Sun Prairie East XCountry 2023 Schedule



Date	Meet Details
Monday, Aug. 14	<i>First Practice</i>
Saturday, Aug. 26	Glenn Herold Invitational @ Watertown High School
Saturday, Sept. 2	Verona Invitational @ Verona High School
Saturday, Sept. 9	River Valley Invitational @ Spring Green Golf Course
Tuesday, Sept. 12	Big 8 Grade Level Challenge @ Lake Farm County Park
Saturday, Sept. 16	<i>Off Weekend - No Competitions</i>
Saturday, Sept. 23	Midwest Invitational @ Blackhawk Golf Course in Janesville
Saturday, Sept. 30	Stoughton Invite @ Stoughton High School
Saturday, Oct. 7	Jim Newman Invitational @ Wisconsin Rapids Lincoln High School
Saturday, Oct. 14	Big 8 Conference Meet @ Verona High School
Saturday, Oct. 21	WIAA Sectional Meet (Varsity Only) @ Verona High School
Saturday, Oct. 28	WIAA State Meet @ Ridges Golf Course in Wisconsin Rapids

Subscribe to the SP East XC Electronic Calendar: <https://tinyurl.com/SPEastXC>

