



AUGUST

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|-----------------------------------|-------------------|-----------------------------|--|-----------------------------|----------|
| 20 | 21 First Practice 3:00-4:30 | 22 No Practice | 23 Practice 3:00-4:30 | 24 Practice 3:00-4:30 | 25 Practice 3:00-4:00 | 26 |
| | 28 Practice 3:00-4:30 | 29 No Practice | 30 Practice 3:00-4:30 | 31 Home Meet  | | |

SEPTEMBER

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|----|--|--|-----------------------------|---|----------------------------|----|
| 3 | 4 Labor Day | 5 No Practice | 6 Practice 3:00-4:30 | 7 Away Meet @ Bryan (Eldridge Park)  | 8 Practice 3:00-4:00 | 9 |
| 10 | 11 Practice 3:00-4:30 | 12 No Practice | 13 Practice 3:00-4:30 | 14 Home Meet  | 15 Institute Day | 16 |
| 17 | 18 Conference Meet  | 19 Conference Meet Rain Date  | | | | |



CROSS COUNTRY 2023

