

Wea Ridge Cross Country

Practice & Meet Schedule 2024



MOST run for punishment...WE run for fun!!!

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<p>Mon: 8/19- practice 4:15-5:30</p> <p>Tue: 8/20- practice 4:15-5:30</p> <p>Wed: 8/21- practice 4:15-5:30 ALL ORDERS DUE. NO EXCEPTIONS!</p> <p>Thurs: 8/22- practice 4:15-5:30</p> <p>Fri: 8/23- practice 4:15-5:30</p> <p>Sat: 8/24- *Run on own (At least 2 miles)</p> <p>Sun: 8/25- Rest</p>	<p>Mon: 8/26- practice 4:15-5:30</p> <p>Tue: 8/27- practice 4:15-5:30</p> <p>Wed: 8/28- practice 4:15-5:30</p> <p>Thurs: 8/29- practice 4:15-5:30</p> <p>Fri: 8/30- No Practice/Rest</p> <p>Sat: 8/31- MAU STAMPEDE @WEA 10:30am</p> <p>Sun: 9/1- Rest</p>	<p>Mon: 9/2- NO SCHOOL NO PRACTICE *Run on own (At least 2 miles)</p> <p>Tue: 9/3- practice 4:15-5:30</p> <p>Wed: 9/4- practice 4:15-5:30</p> <p>Thurs: 9/5- practice 4:15-5:30</p> <p>Fri: 9/6- No Practice/Rest</p> <p>Sat: 9/7- @ RENSSELAER INVITE 9:00am LAFAYETTE TIME ***BUS TRIP!!! DEPARTURE TBD*** *** Make note of time difference</p> <p>Sun: 9/8- Rest</p>	<p>Mon: 9/9- practice 4:15-5:30</p> <p>Tue: 9/10- 4:00 DISMISSAL ROSSVILLE INVITE @ SYCAMORE GIRL SCOUT CAMP 5:30pm</p> <p>Wed: 9/11- practice 4:15-5:30</p> <p>Thurs: 9/12- practice 4:15-5:30</p> <p>Fri: 9/13- No Practice/Rest</p> <p>Sat: 9/14- @ MACONAQUAH INVITE 10:45am ***BUS TRIP!!! DEPARTURE TBD***</p> <p>Sun: 9/15- Rest</p>	<p>Mon: 9/16- practice 4:15-5:30</p> <p>Tue: 9/17- P/T Conferences No Practice *Run on own (At least 2 miles)</p> <p>Wed: 9/18- practice 4:15-5:30</p> <p>Thurs: 9/19- 4:00 DISMISSAL (Team Pics 4:20 @ CENTRAL CATHOLIC INVITE) @ CENTRAL CATHOLIC 5:30pm</p> <p>Fri: 9/20- No Practice/Rest</p> <p>Sat: 9/21- BATTLE GROUND INVITE @PUIRDUE TBD</p> <p>Sun: 9/22- Rest</p>	<p>Mon: 9/23- <u>P/T Conferences</u> <u>No Practice</u> *Run on own (At least 2 miles)</p> <p>Tue: 9/24- TECUMSEH INVITE @ TIPPECANOE AMPHITHEATER 6:00pm</p> <p>Wed: 9/25- practice 4:15-5:30</p> <p>Thurs: 9/26- practice 4:15-5:30</p> <p>Fri: 9/27- No Practice/Rest</p> <p>Sat: 9/28- *Run on own (At least 2 miles)</p> <p>Sun: 9/29- Rest</p> <p style="text-align: right;">OVER →</p>

<p>Week 7</p> <p>Mon: 9/30- practice 4:15-5:30</p> <p>Tue: 10/1- <i>TSC MEET @ WEA RIDGE</i> 5:30pm</p> <p>***** THIS CONCLUDES THE REGULAR SEASON, UNLESS A RUNNER HAS QUALIFIED FOR STATE. *****</p> <p>Wed: 10/2- practice 4:15-5:30 ALL ORDERS DUE. NO EXCEPTIONS!</p> <p>Thurs: 10/3- practice 4:15-5:30</p> <p>Fri: 10/4- practice 4:15-5:30</p> <p>Sat: 10/5- <i>STATE MEET for Qualified Runners in TERRE HAUTE</i> ***Time TBD</p>	<p>(State Qualifiers <u>MUST</u> have at least 3 qualifying times during the regular season prior to the week 6 registration deadline.) Girls: 14:15 or less Boys: 13:15 or less</p>				
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- **Transportation must be provided to and from meets with the exception of two long distance ones on the schedule this season.**
- **Sign up for IMPORTANT Remind Messages by texting the following:**

Send this message: @weaxc to: 81010

- **Questions/info: Coach Cox: jacox@tsc.k12.in.us**