

AUGUST

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26 First Practice 3:00-4:30	27 No Practice	28 Practice 3:00-4:30	29 Practice 3:00-4:30	30 Practice 3:00-4:00	31

SEPTEMBER

1	2 Labor Day	3 No Practice	4 Practice 3:00-4:30	5 Home Meet 	6 Practice 3:00-4:00	7
8	9 Practice 3:00-4:30	10 No Practice	11 Away Meet @ Jefferson (Madison Meadows) 	12 Practice 3:00-4:30	13 Practice 3:00-4:00	14
15	16 Practice 3:00-4:30	17 No Practice	18 Practice 3:00-4:30	19 Home Meet 	20 Institute Day	21
22	23 Conference Meet 	24 Conference Meet Rain Date 				



CROSS COUNTRY 2024

