

September 2011 CROSS COUNTRY SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Stairs 3:05-4:30	2 Race Prep workout 3:05-4:30	3 UGA Invite
4	5 No practice Labor Day	6 Hills 6:30pm-7:30pm	7 Publix Run 3:05-5pm	8 Speed 3:05-5pm	9 Race Prep workout 3:05-4:30	10 Jekyll Island Invite
11	12 Race Prep workout 3:05-4:30	13 WR Invitational	14 Publix Run 3:05-5pm	15 Speed 3:05-5pm	16 Race Prep workout 3:05-4:30	17 Mercer-RunFit Invite
18	19 CVS run 3:05-5pm	20 Hills 6:30pm-7:30pm	21 Publix Run 3:05-5pm	22 Speed 3:05-5pm	23 Race Prep workout 3:05-4:30	24 rest
25	26 CVS run 3:05-5pm	27 Hills 6:30pm-7:30pm	28 Publix Run 3:05-5pm	29 Speed 3:05-5pm	30 Race Prep workout 3:05-4:30	OCT 1st Westover Invite

in case of inclement weather, practice may be changed

October 2011 CROSS COUNTRY SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 Open-Fall Break <i>(run on your own)</i>	4 open-Fall Break <i>(run on your own)</i>	5 If we are attending the meet, we will practice from 3:05-4:30	6 Mountain Invite (tentative)	7 open-Fall Break <i>(run on your own)</i>	8 open-Fall Break
9	10 No practice Columbus Day <i>(run on your own)</i>	11 Race Prep workout 3:05-4:30	12 Houston County Championships	13 Prep for yard sale 3-5pm ROOM 1007	14 Prep for yard sale 3-5pm ROOM 1007	15 ANNUAL CROSS COUNTRY YARD SALE
16	17 CVS run 3:05-5pm	18 Hills 6:30pm-7:30pm	19 Publix Run 3:05-5pm	20 Speed 3:05-5pm	21 CVS run 3:05-5pm	22 open
23	24 CVS run 3:05-5pm	25 Hills 6:30pm-7:30pm	26 Publix Run 3:05-5pm	27 Speed 3:05-5pm	28 Race Prep workout 3:05-4:30	29 1-AAAA Region championships TBD
30	31 CVS run 3:05-5pm	Nov 1 Hills 6:30pm-7:30pm	Nov 2 Publix Run 3:05-5pm	Nov 3 Publix Run 3:05-5pm	Nov 4 Race Prep workout 3:05-4:30	Nov 5 AAAA State Championships

in case of inclement weather, practice may be changed