

Last Updated:
 Tuesday, September 08, 2009

Cross Country Schedule

OCTOBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 LSD 4 miles	4 ALL TEAM PRACTICE (At High School) 3:00PM - 4:30PM	5 GRAND PRIX THREE (See info sheet) 3:00PM - 5:00PM	6 ALL TEAM PRACTICE (At High School) 3:00PM - 4:30PM	7 ALL TEAM PRACTICE (At High School) 3:00PM - 4:30PM	8 ALL TEAM PRACTICE (At High School) 3:00PM - 4:30PM	9 MAYOR'S CUP (See info sheet)
10 LSD 3 miles x2 Take at least a 5 hour break in between	11 NO SCHOOL LSD 3 miles x2 Take at least a 5 hour break in between	12 FROSH-SOPH CHAMPS (See info sheet) 3:00PM - 4:30PM	13 ALL TEAM PRACTICE (At High School) 3:00PM - 4:30PM	14 ALL TEAM PRACTICE (At High School) 3:00PM - 4:30PM	15 ALL TEAM PRACTICE (At High School) 3:00PM - 4:30PM	16 DeWitt Clinton INVITATIONAL (See info sheet)
17 LSD 4 miles	18 ALL TEAM PRACTICE (At High School) 3:00PM - 4:30PM	19 GRAND PRIX FOUR (See info sheet) 3:00PM - 5:00PM	20 ALL TEAM PRACTICE (At High School) 3:00PM - 4:30PM	21 ALL TEAM PRACTICE (At High School) 3:00PM - 4:30PM	22 ALL TEAM PRACTICE (At High School) 3:00PM - 4:30PM	23 MARTY LEWIS INVITATIONAL (See info sheet)
24 LSD 4 miles	25 ALL TEAM PRACTICE (At High School) 3:00PM - 4:30PM	26 ALL TEAM PRACTICE (At High School) 3:00PM - 4:30PM	27 ALL TEAM PRACTICE (At High School) 3:00PM - 4:30PM	28 ALL TEAM PRACTICE (At High School) 3:00PM - 4:30PM	29 ALL TEAM PRACTICE (At High School) 3:00PM - 4:30PM	30 BOROUGH CHAMPIONSHIPS (See info sheet)