

Last Updated:
 Sunday, October 03, 2010

Cross Country Schedule

OCTOBER

	Thursday	Friday	Saturday
		ALL TEAM PRACTICE (At High School) 3:00PM - 4:30PM.	MAYOR'S CUP OR PRACTICE
Sunday	Monday	Tuesday	Wednesday
9 MILE LSD + WARM-UP & CALISTHENICS (VETERANS ONLY)	ALL TEAM PRACTICE (At High School) 3:00PM - 4:30PM	ALL TEAM PRACTICE/RACE (At VanCortlandt) 3:00PM - 4:30PM	Self Guided Repair Run
Sunday	Monday	Tuesday	Wednesday
9 MILE LSD + WARM-UP & CALISTHENICS (VETERANS ONLY)	NO SCHOOL NON FROSH/SOPH SELF GUIDED	ALL TEAM PRACTICE/RACE (At VanCortlandt) 3:00PM - 4:30PM	ALL TEAM PRACTICE (At High School) 3:00PM - 4:30PM
Sunday	Monday	Tuesday	Wednesday
Self Guided Repair Run	ALL TEAM PRACTICE (At High School) 3:00PM - 4:30PM	ALL TEAM PRACTICE/RACE (At VanCortlandt) 3:00PM - 4:30PM	Self Guided Repair Run
Sunday	Monday	Tuesday	Wednesday
3 MILE LSD + WARM-UP & CALISTHENICS	TEAM MEETING 3:00PM - 4:30PM	BRONX BORO CHAMPIONSHIPS At Van Cortlandt 3:00PM	REST - REST
Thursday	Friday	Saturday	
ALL TEAM PRACTICE (At High School) 3:00PM - 4:30PM.	ALL TEAM PRACTICE (At High School) 3:00PM - 4:30PM.	5 MILE LSD + WARM-UP & CALISTHENICS	
Thursday	Friday	Saturday	
ALL TEAM PRACTICE (At High School) 3:00PM - 4:30PM	BROWN INVITATIONAL (Over Night) OR PRACTICE	BROWN INVITATIONAL (Over Night) OR PRACTICE	
Thursday	Friday	Saturday	
ALL TEAM PRACTICE (At High School) 3:00PM - 4:30PM	ALL TEAM PRACTICE (At High School) 3:00PM - 4:30PM	5 MILE LSD + WARM-UP & CALISTHENICS	
Thursday	Friday	Saturday	
ALL TEAM PRACTICE (At High School) 3:00PM - 4:30PM	ALL TEAM PRACTICE (At High School) 3:00PM - 4:30PM	5 MILE LSD + WARM-UP & CALISTHENICS	