

Last Updated:
 Tuesday, September 08, 2009

Cross Country Schedule

SEPTEMBER 2009

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	REST - REST 6	REST - REST 7	LSD x2 Take at least a four hour break between 8	FIRST DAY OF SCHOOL!! NO PRACTICE 9	ALL TEAM PRACTICE (Van Cortlandt) 5:00PM - 7:30PM 10	LSD 4 miles 11	REST - REST 12
	Sunday 1	Monday ALL TEAM PRACTICE (At High School) 3:00PM - 4:30PM 2	Tuesday ALL TEAM PRACTICE (High School) 3:00PM - 4:30PM 3	Wednesday ALL TEAM PRACTICE (High School) 3:00PM - 4:30PM 4	Thursday ALL TEAM PRACTICE (At High School) 3:00PM - 4:30PM 5	Friday ALL TEAM PRACTICE (High School) 3:00PM - 4:30PM 6	Saturday LSD 3 miles x2 Take at least a four hour break between 7
	Sunday 1	Monday ALL TEAM PRACTICE (At High School) 3:00PM - 4:30PM 2	Tuesday ALL TEAM PRACTICE (At High School) 3:00PM - 4:30PM 3	Wednesday 2	Thursday ALL TEAM PRACTICE (At High School) 3:00PM - 4:30PM 3	Friday ALL TEAM PRACTICE (High School) 3:00PM - 4:30PM 4	Saturday 2
	Sunday LSD 3 miles x2 Take at least a 5 hour break in between 2	Monday NO SCHOOL LSD 3 miles 3	Tuesday GRAND PRIX TWO (See info sheet) 3:00PM - 5:00PM 4	Wednesday 3	Thursday ALL TEAM PRACTICE (At High School) 3:00PM - 4:30PM 4	Friday ALL TEAM PRACTICE (At High School) 3:00PM - 4:30PM 2	Saturday MAYOR'S CUP (See info sheet) 3