

SEPTEMBER

GLEN CREST XC

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	INFORMATION
2 NO SCHOOL LABOR DAY!	3 PRACTICE @ GC 2:40-3:25 NEEDED TO PRACTICE: - XC Agreement Form - Concussion Form - Updated Physical	4 PRACTICE @ GC 2:40-3:25	5 PRACTICE @ GC 2:40-3:25	6 NO PRACTICE stretch and recover	<p>- DUAL: TWO SCHOOLS</p> <p>- TRI: THREE SCHOOLS</p> <p>- 8th graders are expected to stay after school and help set up HOME MEETS with the coaches.</p> <p>- The TOP SEVEN runners per team will be invited to run at the Franklin Invite. Otherwise, this race is OPTIONAL for all other runners.</p>
9 PRACTICE @ GC 2:40-3:25	10 HOME MEET DUAL VS. STRATFORD 4:15pm	11 PRACTICE @ GC 2:40-3:25	12 AWAY MEET @ WESTLAKE TRI VS. MARQUARDT 4:15pm	13 NO PRACTICE stretch and recover	
16 AWAY MEET @ FRANKLIN DUAL VS. FRANKLIN 4:15pm	17 PRACTICE @ GC 2:40-3:25	18 PRACTICE @ GC 2:40-3:25	19 AWAY MEET @ HUBBLE DUAL VS. HUBBLE 4:15pm	20 NO PRACTICE stretch and recover	
23 HOME MEET DUAL VS. GLENSIDE 4:15pm	24 PRACTICE @ GC 2:40-3:25	25 PRACTICE @ GC 2:40-3:25	26 FRANKLIN INVITE 4:15pm	27 NO PRACTICE stretch and recover	

OCTOBER

GLEN CREST XC

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	INFORMATION
9/30 PRACTICE @ GC 2:40-3:25	1 AWAY MEET @ MONROE DUAL VS. MONROE 4:15pm	2 HOME MEET DUAL VS. WESTLAKE 4:15pm	3 PRACTICE @ GC 2:40-3:25	4 NO PRACTICE stretch and recover	<p>- 8th graders are expected to stay after school and help set up HOME MEETS with the coaches.</p> <p>- The TOP SEVEN runners per team will run on the 10/16 conference date. All other runners will run on the 10/17 conference date. <u>You are to only attend the day you are assigned!</u></p>
7 PRACTICE @ GC 2:40-3:25	8 AWAY MEET @ JAY STREAM TRI VS. HADLEY 4:15pm	9 AWAY MEET @ LEMAN DUAL VS. LEMAN 4:15pm	10 PRACTICE @ GC 2:40-3:25	11 NO PRACTICE stretch and recover	
14 NO SCHOOL Columbus Day!	15 PRACTICE @ GC 2:40-3:25	16 TOP SEVEN CONFERENCE @ MONROE 4:15pm	17 OPEN CONFERENCE @ MARQUARDT 4:15pm		