


# \*\*XC SCHEDULE 2023\*\*

## MEETS AND PRACTICES

\*A CURRENT PHYSICAL MUST BE ON FILE IN THE NURSE'S OFFICE TO PARTICIPATE IN ALL OF THE FOLLOWING PRACTICES & MEETS!\*

Date	Event	Additional Information
8/30	FIRST PRACTICE	Physicals, Agreement Form, and Concussion Form are all due before practice! <b>YOU MAY NOT PRACTICE WITHOUT!</b>
8/31	PRACTICE	Glen Crest Middle School - 2:45pm - 3:25pm
9/1	PRACTICE	Glen Crest Middle School - 2:45pm - 3:25pm
9/4	<b>HAPPY LABOR DAY - NO PRACTICE</b>	
9/5	PRACTICE	Glen Crest Middle School - 2:45pm - 3:25pm
9/6	AWAY MEET	Hubble Middle School @ 4:15pm - MEET IN SPARTAN HALL
9/7	AWAY MEET	Marquardt Middle School @ 4:15pm - MEET IN SPARTAN HALL
9/8	<b>NO PRACTICE</b>	
9/11	PRACTICE	Glen Crest Middle School - 2:45pm - 3:25pm
9/12	AWAY MEET	Glenside Middle School @ 4:15pm- MEET IN SPARTAN HALL
9/13	PRACTICE	Glen Crest Middle School - 2:45pm - 3:25pm
9/14	AWAY MEET	O'Neill Middle School @ 4:15pm - MEET IN SPARTAN HALL
9/15	<b>NO PRACTICE</b>	
9/18	PRACTICE	Glen Crest Middle School - 2:45pm - 3:25pm
9/19	HOME MEET	6th/7th report to Glen Crest at 4:00pm   8th graders meet in RM 307
9/20	PRACTICE	Glen Crest Middle School - 2:45pm - 3:25pm
9/21	AWAY MEET	Herrick Middle School @ 4:15pm - MEET IN SPARTAN HALL
9/22	<b>NO PRACTICE</b>	
9/25	PRACTICE	Glen Crest Middle School - 2:45pm - 3:25pm
9/26	HOME MEET	6th/7th report to Glen Crest at 4:15pm   8th graders meet in RM 307
9/27	PRACTICE	Glen Crest Middle School - 2:45pm - 3:25pm
9/28	AWAY MEET	Franklin Invite @ 4:00pm - MEET IN SPARTAN HALL
9/29	<b>NO PRACTICE</b>	
10/2	PRACTICE	Glen Crest Middle School - 2:45pm - 3:25pm
10/3	PRACTICE	Glen Crest Middle School - 2:45pm - 3:25pm
10/4	CONFERENCE	<b>MORE INFORMATION TO COME</b>
10/5	CONFERENCE	<b>RAIN DATE  - MORE INFORMATION TO COME</b>

