

August 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Jane Addams Cross Country Camp. 8:30-9:30 @ JA	2	3
4	5 First official Day Cross Country. 8:30-9:30 @ JA	6 Practice 8:30-9:30	7 Practice 8:30-9:30	8 1 Mile Time Trial.	9 Funday Friday <i>Gladiator Tag</i>	10
11	12 No Practice	13 No Practice	14 No Practice	15 Practice 2:50-3:55	16 Practice 2:50-3:55	17 Saturday Practice (Optional) Varsity. 3.5 miles. Meet at Whalon Lake Dog Park. 9:00am-10:00am
18	19 Practice 2:50-3:55 Watch Run	20 Practice 2:50-3:55 Uniform Hand out.	21 Troy Relays 4:15 @ Troy	22 Practice 2:50-3:55	23 Funday Friday <i>Chase</i>	24 Parkies 5k
25	26 Practice 2:50-3:55	27 Home Meet vs AVM, JJL, HHH 4:30pm @Central Park	28 Early Release Optional Early Morning Practice- 7:00am at Jane Addams	29 Practice 2:50-3:55	30 Funday Friday <i>Goal Tiles</i>	31

September 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Labor Day No School	3 Practice 2:50-3:55	4 Practice 2:50-3:55	5 Home vs Jefferson & Minooka 4:30pm @Central Park	6 Funday Friday <i>Selfie Scavenger Hunt!</i>	7
8	9 Practice 2:50-3:55	10 Away @ Martino 4:30pm	11 Practice 2:50-3:55	12 Practice 2:50-3:55	13 Funday Friday <i>Sharks & Minnows</i>	14 Saturday Practice (Optional) Varsity. 3.5 miles. Meet @ DuPage River Sports complex 9:00am-10:00am
15	16 Practice 2:50-3:55	17 Home vs Homer & Channahon 4:30pm @Central Park	18 Practice 2:50-3:55	19 Practice 2:50-3:55	20 Funday Friday <i>WAR!!!</i>	21 TROY Bus leaves Jane Addams @7:15am
22	23 Practice 2:50-3:55	24 Practice 2:50-3:55	25 Early Release Optional Early Morning Practice- 7:00am at Jane Addams	26 East vs West Invite 4:25pm @Central Park	27 5k Friday	28
29	30 AWAY MEET @ PLANO with Hufford B team only 4:30 p.m. A Team- Practice 2:45-4:00					

October 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Practice 2:50-3:55	2 Away Meet @ Lukancic. 4:15pm	3 Practice 2:50-3:55	4 5k Friday	5 Channahon Bus leaves Jane Addams @7:15 am
6	7 Practice 2:50-3:55	8 Away Meet @ Oak Prairie. 4:15pm	9 Practice 2:50-3:55 Sectional Team Only	10 Practice 2:50-3:55 Sectional Team Only	11 Practice 2:50-3:30 Sectional Team Only	12 SECTIONALS This is a mandatory meet for all chosen runners. 8:15-10am
13	14 Columbus Day, No School	15 Practice 2:50-3:55 State Team Only	16 Practice 2:50-3:55 State Team Only	17 Practice 2:50-3:55 State Team Only	18 Practice 2:50-3:55 State Team Only	19 STATE
20	21	22	23 Early Release	24	25 All Uniforms Due Today or you will be charged.	26
27	28	29 Cross Country Awards Banquet	30	31		