

AUGUST 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1 First Day Cross Country Practice 8:30am @Jane Addams Track	2 Cross Country Practice 8:30-9:30 am @Jane Addams Track	3 Cross Country Practice 8:30-9:30 am @Jane Addams Track	4 Funday Friday! Practice 8:30-9:30 @Jane Addams Track	5
6	7 Cross Country Practice 8:30-9:30 @Jane Addams	8 Cross Country Practice 8:30-9:30 @Jane Addams	9 Cross Country Practice 8:30-9:30 @Jane Addams	10 Cross Country Practice 8:30-9:30 @Jane Addams	11 Funday Friday! Practice 8:30-9:30 am @Jane Addams	12
13	14 Cross Country Practice 2:30-3:30pm @Jane Addams No Bus	15 Cross Country Practice 2:30-3:30pm @Jane Addams No Bus	16 NO PRACTICE	17 First After School Practice 3:00-4:15pm	18 Funday Friday!! 3:00-4:15pm No Bus	19
20	21 AWAY MEET @Humphrey 4:30pm	22 First After School Practice 3:00-4:15pm	23 Practice 3:00-4:15pm	24 AWAY MEET @BHS BOLINGBROOK MEET 4:30pm	25 Funday Friday!! 3:00-4:15pm No Bus	26 Parkies 5k OPTIONAL @Pelican Harbor

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We will always have practice. If we cancel a meet, we will have practice. We will run indoors if we have to.

SEPTEMBER 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28 Practice 3:00-4:15pm	29 Practice 3:00-4:15pm	30 Practice 3:00-4:15pm	31 Home Meet @Central Park 4:30pm <small>Minooka, Jefferson, Lemont</small>	1 Funday Friday!! 3:00-4:15pm No Bus	2
3	4 <i>Labor Day</i>	5 Practice 3:00-4:15pm	6 Practice 3:00-4:15pm	7 Home Meet @Central Park 4:30pm <small>Plano, Brooks, Washington, Gompers</small>	8 Funday Friday!! 3:00-4:15pm No Bus Selfie Scavenger Hunt!	9
10	11 Practice 3:00-4:15pm	12 AWAY MEET @Humphrey 4:30pm	13 Early Release No Practice	14 Practice 3:00-4:15pm	15 Final Funday Friday!! No Bus 3:00-4:15pm WAR!	16 Troy Invitational Bus Leaves 7:15am
17	18 Practice 3:00-4:15pm	19 Practice 3:00-4:15pm	20 Practice 3:00-4:15pm	21 First Annual District Meet @Central Park 4:30pm Start Time	22 Practice 5k Friday 3:00-4:15pm	23
24	25 Practice 3:00-4:15pm	26 Home Meet @Central Park 4:30pm <small>Dirksen, St Mike, Richland</small>	27 Early Release No Practice	28 Practice 3:00-4:15pm	29 Practice 5k Friday 3:00-4:15pm	30 Channahon Invitational Bus Leaves 7:15am

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OCTOBER 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Practice 3:00-4:15pm	3 Meet @ Oak Prairie 4:30pm Start Time	4 Practice 3:00-4:15pm Sectional Team Only	5 Practice 3:00-4:15pm Sectional Team Only	6 Practice 3:00-4:15pm Sectional Team Only	7 SECTIONALS <u>REQUIRED</u> (our most important race of the year)
8	9 Columbus Day	10 Practice 3:00-4:15pm State Team Only	11 Early Release No Practice	12 Practice 3:00-4:15pm State Team Only	13 Practice 3:00-4:15pm State Team Only	14 STATE
15	16	17	18 Cross Country Banquet 6:00-7:30pm	19	20	21
22	23 Board Meeting Honoring State Qualifiers. 6:30-7:15pm	24	25	26	27	28
29	30	31 Halloween	1	2	3	4

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