

June 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15 Camp Start 7-9am At Wheatlands Park	16 7-9am At OEHS 3:30-4:15pm At Crossroads	17 7-9am At OEHS	18 So. Jr. Sr. 6:15AM Pool 7-9am At OEHS 3:30-4:15pm At Crossroads	19 7-9am At OEHS	20 <u>Community Run @ Plank 10am</u>
21	22 7-9am At Wheatlands Park	23 7-9am At OEHS 3:30-4:15pm At Crossroads	24 7-9am At OEHS	25 So. Jr. Sr. 6:15AM Pool 7-9am At OEHS 3:30-4:15pm At Crossroads	26 7-9am At OEHS	27 30min + 8min rest 15min + 8min rest 15min
28 Mileage Week Challenge	29 Mileage Week Challenge 7-9am At Wheatlands	30 Mileage Week Challenge 7-9am At OEHS				

July 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Mileage Week Challenge 7-9am At OEHS	2 So. Jr. Sr. 6:15AM Pool Mileage Week Challenge 7pm No Frills 5K	3 Mileage Week Challenge 7-9am At OEHS	4 Mileage Week Challenge
5 Mileage Week Challenge	6 7-9am At Wheatlands Park	7 7-9am At OEHS 3:30-4:15pm At Crossroads	8 7-9am At OEHS	9 7-9am At OEHS Summer T&F Meet @ Neuqua Valley	10 7-9am At OEHS	11 30min + 8min rest 15min + 8min rest 15min
12 Day Off	13 7-9am At Wheatlands Park	14 7-9am At OEHS 3:30-4:15pm At Crossroads	15 7-9am At OEHS	16 So. Jr. Sr. 6:15AM Pool 7-9am At OEHS 3:30-4:15pm At Crossroads	17 7-9am At OEHS	18 90min long run
19 Day Off	20 7-9am At Wheatlands Park	21 7-9am At OEHS 3:30-4:15pm At Crossroads	22 7-9am At OEHS	23 So. Jr. Sr. 6:15AM Pool 7-9am At OEHS	24 Detweiller at Dark 7-9am At OEHS	25 Depart for CO
26 Day Off Colorado Trip	27 7-9am At Wheatlands Park Colorado Trip	28 7-9am At OEHS Colorado Trip	29 7-9am At OEHS Colorado Trip	30 Raging 7-9am At OEHS 3:30pm-4:15pm At Crossroads	31 7-9am At OEHS	

August 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 7-9am at Hudson Park	4 7-9am at Hudson Park	5 7-9am at Hudson Park	6 7-9am at Hudson Park 7pm No Frills 5K	7 7-9am at Hudson Park	8 5 miles on your own Physicals at OHS 8am-12pm \$25
9	10 First Official Day of Practice. Meet on OEHS Track 3:30PM	11 Cross Country Practice 3:30PM	12 Cross Country Practice 3:30PM 6:00PM XC Parent Meeting	13 Cross Country Practice 3:30PM	14 Cross Country Practice Uniform Purchase & Distribution 3:30PM	15 Cross Country Practice Fall Sports Pictures 9:00am
16	17 Cross Country Practice 3:30PM	18 Cross Country Practice 3:30PM	19 ^{1st} Day of School Cross Country Practice 2:45PM	20 Cross Country Practice 6:00AM POOL (So, Jr, Sr) 2:45PM	21 Cross Country Practice 2:45PM	22 Cross Country Practice 9:00am
23	24 Cross Country Practice 2:45PM	25 NRC Cross Country Practice 6:00AM 2:45PM	26 Cross Country Practice 3:45PM	27 Cross Country Meet AT PCHS 4:30PM: PC Dual	28 Cross Country Practice 2:45PM	29 Cross Country Practice 9:00am

