



Cross Country September 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30						1
2	3 Labor Day = No School! No Practice	4 Practice 2:45-4:00	5 Practice 2:45-4:00	6 <u>3rd Annual Lincoln XC Invite</u> 3:00p	7 Practice 2:45-4:00	8
9	10 Practice 2:45-4:00	11 Practice 2:45-4:00	12 Practice 2:45-4:00	13 Practice 2:45-4:00	14 <u>John Martin XC Meet @ FCHS</u> 3:00p	15
16	17 Practice 2:45-4:00	18 Practice 2:45-4:00	19 Practice 2:45-4:00	20 Practice 2:45-4:00	21 Practice 2:45-4:00	22 <u>Rattlesnake Rumble XC Meet @ Spring Canyon Park 9:00a</u>
23	24 Practice 2:45-4:00	25 Practice 2:45-4:00	26 Practice 2:45-4:00	27 Practice 2:45-4:00	28 <u>City of Ft. Collins XC Invite @ Fossil Creek Park</u> 4:00p	29

Notes: Meet in Mr. Brennan's Room (Room 134) Daily at 2:45. Please change into running clothes before reporting to Mr. Brennan's Room. Boys & Girls locker rooms are available. Green & Whites = Dynamic Warm-Up, Lancer Series = Hip Mobility, Lancers = Sprint Mechanics