



Cross Country October 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Practice 2:45-4:00	2 Practice 2:45-4:00	3 <u>Wellington Quad XC Meet @ Wellington 3:30p</u>	4 Practice 2:45-4:00	5 Day Off	6 <u>District Championship XC Meet @ FCHS 9:30a</u>
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

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