

FREEPORT CROSS COUNTRY AUGUST 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31 RUN! ON YOUR OWN	1 SRC: High School 9-11AM (Optional)	2 RUN! ON YOUR OWN	3 SRC: High School 9-11AM (Optional)	4 SRC: High School 9-11AM (Optional)	5 RUN! ON YOUR OWN	6 St. Barnabus 5K (Optional) or RIOYO
7 RUN! ON YOUR OWN	8 SRC: High School 9-11AM (Optional)	9 RUN! ON YOUR OWN	10 SRC: High School 9-11AM (Optional)	11 SRC: High School 9-11AM (Optional)	12 RUN! ON YOUR OWN	13 Roebling's Run Saxonburg (Optional)
14 RUN! ON YOUR OWN	15 FIRST DAY of MANDATORY PRACTICE-9:00AM- 11AM High School <u>MANDATORY</u> <u>PARENTS MEETING</u> <u>6:30 at HS Audion</u>	16 Practice: High School-9-11	17 Practice: High School-9-11	18 Practice: High School-9-11	19 Practice: High School-9-11	20 Practice: 8:00 AM @ Trail at Monroe Rd. Long Run (Football: Scrimmage Home-Westinghouse- 10AM)
21 RUN! ON YOUR OWN	22 Practice: High School-2-4	23 Practice: High School-6PM- 8PM	24 Practice: High School-11-1	25 Practice: High School-9-11	26 Practice: High School-9-11 (Football: Scrimmage-Away Yough-7:00PM)	27 MEET: AT KNOCH BUS LEAVES 7:00 AM
28 RUN! ON YOUR OWN	29 Practice 3-5 High School <u>First Day of School</u>	30 Practice 3-5 High School	31 Practice 3-5 High School	1 Practice 3-5 High School Spirit Night-7:00 Be There	2 NO PRACTICE (Football: AWAY- Vincentian-7:00PM)	3 Practice: 8:00 AM @ Trail at Monroe Rd. Long Run
4 RUN! ON YOUR OWN	5 LABOR DAY- NO SCHOOL-NO PRACTICE	6 Practice 3-5 High School	7 MEET: HOME-QUAD COUNTY WARM- UP	8 Practice 3-5 High School	9 Practice 3-5 High School (Football: HOME-Deer Lakes-7:00PM)	10 Practice: 8:00 AM @ Trail at Monroe Rd. Long Run