

# NOMS Cross Country August 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>*Mandatory Practice begins tomorrow</b>	1 Practice 8:30-10am Lagoon Picnic Area Metroparks	2 Practice 8:30-10am South Mastick Picnic Area- Metroparks	3 Practice 8:30-10am Lagoon Picnic Area Metroparks	4 Practice 8:30-10am South Mastick Picnic Area- Metroparks	5 Practice 8:30-10am Lagoon Picnic Area Metroparks	6
7	8 Practice 8:30-10am Lagoon Picnic Area Metroparks	9 Practice 8:30-10am South Mastick Picnic Area- Metroparks	10 Classic at Mastick 5pm? Details to follow (No morning practice)	11 Practice 8:30-10am South Mastick Picnic Area- Metroparks	12 No practice today.	13 - Lagoon Practice 8:30-10am followed by breakfast & <b>PARENT MEETING.</b>
14	15 Practice 8:30-10am Lagoon Picnic Area Metroparks	16 Practice 8:30-10am South Mastick Picnic Area- Metroparks	17 Practice 8:30-10am Lagoon Picnic Area Metroparks	18 Practice 8:30-10am South Mastick Picnic Area- Metroparks	19 Practice 8:30-10am Lagoon Picnic Area Metroparks	20
21	22 Practice 8:30-10am Lagoon Picnic Area Metroparks	23 TBA	24 TBA	25 Practice at school until 4pm.	26 Practice at school until 4pm.	27 First Meet! SWC Preview @ LCCC
28 Homecoming 5K and Parade. (optional but encouraged)	29 Practice at school until 4pm.	30 Practice at school until 4pm.	31 Practice at school until 4pm.			