

Boys CROSS COUNTRY

August 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5 45min + 8min rest 30min + 8min rest 15min	6 7-9am at Hudson Park 3:30-4:15pm Crossroads	7 Day Off	8 Midnight Run First Official Day of Practice. Meet on OEHS Track 9:00AM	9 Cross Country Practice 9:00AM	10 Cross Country Practice Uniform Purchase & Distribution 9:00AM	11 Cross Country Practice Fall Sports Pictures 9:00am
12	13 Cross Country Practice 2:45pm	14 Cross Country Practice 2:45pm	15 1st Day of School Cross Country Practice 2:45PM	16 Parent Meeting: 7pm Cross Country Practice 6:00AM POOL (So, Jr, Sr) 2:45PM	17 Cross Country Practice 2:45PM	18 Cross Country Practice 9:00am
19	20 Cross Country Meet AT Hoover 5:30PM: Yorkville Invite	21 NRC Event Cross Country Practice 6:00AM 2:45PM	22 Cross Country Practice 3:45PM	23 Cross Country Practice 6:00am Cross Country Meet AT Crossroads 4:30PM: PC Dual	24 Cross Country Practice 2:45PM Team Dinner 5:30pm	25 Cross Country Practice 9:00am
26	27 Cross Country Practice 2:45PM	28 Cross Country Practice 6:00AM 2:45PM	29 Cross Country Practice 3:45PM	30 Cross Country Practice 6:00AM POOL 2:45PM	31 Cross Country Practice 2:45PM	

Boys Cross Country

September 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Cross Country Meet AT Lyons THS 8AM: Lyons Pride Invite
2	3 Labor Day Cross Country Practice 9:00am	4 Cross Country Practice 6:00AM 2:45PM	5 Cross Country Practice 3:45PM Cross Country Meet: Melias Park/Artman Invite	6 Cross Country Practice 6:00AM POOL 2:45PM	7 Cross Country Practice 2:45PM	8 Cross Country Meet AT Detweiler 12PM: FTTF Invite
9	10 Cross Country Practice 2:45PM	11 Cross Country Practice 6:00AM Cross Country Meet Crossroads/Intersquad	12 Cross Country Practice 3:45PM	13 Cross Country Practice 6:00AM POOL 2:45PM	14 Cross Country Practice 2:45PM Team Dinner 5:30pm	15 Cross Country Meet AT Detweiler 11AM: Richard Spring Invite
16	17 Cross Country Practice 2:45PM Cross Country Meet: York F/S Invite	18 Cross Country Practice 6:00AM 2:45PM	19 Cross Country Practice 3:45PM	20 Cross Country Practice 6:00AM POOL 2:45PM	21 Institute Day Cross Country Practice 2:45PM	22 Cross Country Meet AT Palatine 9AM: Palatine Invite
23	24 Cross Country Practice 2:45PM	25 Cross Country Practice 6:00AM 2:45PM	26 Cross Country Practice 3:45PM	27 Cross Country Practice 6:00AM POOL 2:45PM	28 Cross Country Practice 2:45PM	29 Cross Country Meet AT Niles West 9AM: Savage Invite
30						

Boys CROSS COUNTRY

October 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Cross Country Practice 2:45PM	2 Cross Country Practice 6:00AM 2:45PM	3 Cross Country Practice 3:45PM	4 Cross Country Practice 6:00AM POOL 2:45PM	5 Cross Country Practice 2:45PM Team Dinner 5:30pm	6 Cross Country Meet AT Sewart SC 9AM: Stampede Invite
7	8 Columbus Day Cross Country Practice 9:00am	9 Cross Country Practice 6:00AM 2:45PM	10 Cross Country Practice 3:45PM	11 Cross Country Practice 6:00AM POOL 2:45PM	12 Cross Country Practice 2:45PM Team Dinner 5:30pm	13 Cross Country Meet AT TBD 9AM: Conference
14	15 Cross Country Practice 2:45PM	16 Cross Country Practice 6:00AM 2:45PM	17 Cross Country Practice 3:45PM Pizza & Movie Night	18 Cross Country Practice 6:00AM POOL 2:45PM	19 194-Hour Day Cross Country Practice 2:45PM Top 12 Dinner	20 Cross Country Meet AT TBD: Regionals
21	22 Cross Country Practice 2:45PM	23 Cross Country Practice 6:00AM 2:45PM	24 Cross Country Practice 3:45PM	25 Cross Country Practice 6:00AM POOL 2:45PM	26 Cross Country Practice 2:45PM Top 12 Dinner & Movie	27 Cross Country Meet AT TBD: Sectionals
28	29 Cross Country Practice 2:45PM	30 Cross Country Practice 6:00AM POOL 2:45PM	31 Cross Country Practice 3:45PM			

Boy Cross Country

November 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 5-Hour Day Cross Country Practice 2:45PM	2 5-Hour Day Depart for State Meet	3 Cross Country Meet AT Detweiler: State Meet
4	5 Husky Running Club 2:45PM	6 NO SCHOOL	7 Husky Running Club 2:45PM Fall Sports Awards 6pm	8 Husky Running Club 2:45PM	9 Husky Running Club 2:45PM	10 Run Course (5K) 8x100m Strides
11 Winter Huskie Challenge: Nike (NXN) Midwest Regional	12 Husky Running Club 2:45PM	13 Husky Running Club 2:45PM	14 Husky Running Club 2:45PM XC Banquet 6:30pm	16 Husky Running Club 2:45PM	16 Husky Running Club 2:45PM	17 Winter Huskie Challenge: Neuqua Valley Run
18	19 Husky Running Club 2:45PM	20 Husky Running Club 2:45PM	21 School Closed	22 School Closed Thanksgiving	23 School Closed	24
25	26 Husky Running Club 2:45PM	27 Husky Running Club 2:45PM	28 Husky Running Club 2:45PM	29 Husky Running Club 2:45PM	30 Husky Running Club 2:45PM	

Boys Cross Country December 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Winter Huskie Challenge: Waubonsie Valley HS Run
2	3 Husky Running Club 2:45PM	4 Husky Running Club 2:45PM	5 Husky Running Club 2:45PM	6 Husky Running Club 2:45PM	7 Husky Running Club 2:45PM	8 Winter Huskie Challenge: Plainfield North Run
9	10 Husky Running Club 2:45PM	11 Husky Running Club 2:45PM	12 Husky Running Club 2:45PM	13 Husky Running Club 2:45PM	14 Husky Running Club 2:45PM	15 Winter Huskie Challenge Metea Valley HS Run
16	17 Husky Running Club 2:45PM	18 Husky Running Club 2:45PM	19 Husky Running Club 2:45PM	20 Husky Running Club 2:45PM	21 214-Hour Day NO Running Club	22
23	24 Winter Break	25 Winter Break	26 Winter Break	27 Winter Break	28 Winter Break	29
30	31 Winter Break					

