

# August

## 2016 CROSS COUNTRY CALENDAR

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
				Practice Starts (Boys) 2:45 – 5:00 All Forms Complete	Practice 2:45 – 5:00	On Your Own Road Runners 9.3 Mile Race
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>			
On Your Own	Practice (Boys & Girls) 2:45 – 5:15	Practice 2:45 – 5:15	Practice 2:45 – 5:15			

2016

# September

## 2016 CROSS COUNTRY CALENDAR

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
				<b>1</b> Practice 2:45 – 5:15	<b>2</b> Practice 2:45 – 5:15 1 Mile Trials	<b>3</b> On Your Own Road Runners 10 Mile Race
<b>4</b> On Your Own	<b>5</b> Labor Day On Your Own Or Practice (TBA) 2:45 – 4:45	<b>6</b> Practice 2:45 – 5:15 3 Mile Qualifying	<b>7</b> Practice 2:45 – 5:15 Uniforms Distributed	<b>8</b> Practice 2:45 – 5:15 Uniforms Distributed	<b>9</b> Practice 2:45 – 5:15 2 Mile Time Trials	<b>10</b> Parent Meeting 9:00 Practice 9:00 - 11:00
<b>11</b> On Your Own	<b>12</b> Practice 2:45 – 4:30	<b>13</b> Dnb. Dar. Nor. @ Stp. 4:00	<b>14</b> Practice 2:45 – 5:15	<b>15</b> Practice 2:45 – 5:15	<b>16</b> Practice 2:45 – 4:30	<b>17</b> Stratton Brook Inv. @ Simsbury 9:00 Bus @ 6:30
<b>18</b> On Your Own	<b>19</b> Practice 2:45 – 4:30	<b>20</b> Wlt. N.C. Stm. T.C. @ N.C. 4:00 Bus @ 2:00	<b>21</b> Practice 2:45 – 5:15	<b>22</b> Practice 2:45 – 5:15	<b>23</b> Practice 2:45 – 5:15	<b>24</b> Bowdoin Park Classic (Boys Only) @ Bowdoin Park 10:00 Bus @ 7:00
<b>25</b> On Your Own	<b>26</b> Practice 2:45 – 4:30	<b>27</b> Grn. McM. Lud. @ Stp. 4:00	<b>28</b> Practice 2:45 – 5:15	<b>29</b> Practice 2:45 – 5:15	<b>30</b> Practice 2:45 – 5:15	

2016

# October

## 2016 CROSS COUNTRY CALENDAR

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
						<b>1</b> Practice 10:00 – 12:30
<b>2</b> On Your Own	<b>3</b> Rosh Hashanah On Your Own Pre-Meet	<b>4</b> Whl. Trm. St.J. @ St. J. 4:00 Bus @ 2:00	<b>5</b> Practice 2:45 – 5:15	<b>6</b> Practice 2:45 – 5:15	<b>7</b> Practice 2:45 – 4:30	<b>8</b> Wickham Park Invitational @ Manchester 9:40 Bus @ 6:45
<b>9</b> On Your Own	<b>10</b> Wrld. Rdg. Cntl. @ Wrld. 4:00 Bus @ 2:15	<b>11</b> Practice 2:45 – 5:15	<b>12</b> Yom Kippur On Your Own	<b>13</b> Practice 2:45 – 5:15	<b>14</b> Practice 2:45 – 5:15	<b>15</b> Practice 10:00 – 12:30
<b>16</b> On Your Own	<b>17</b> Practice 2:45 – 5:15	<b>18</b> Practice 2:45 – 4:30	<b>19</b> FCIAC Championships @ Waveny Park, NC 2:15 Bus @ 11:45	<b>20</b> Practice 2:45 – 5:15	<b>21</b> Practice 2:45 – 5:15	<b>22</b> Practice 10:00 – 12:30
<b>23</b> On Your Own	<b>24</b> Practice 2:45 – 5:15	<b>25</b> J.V. Invitational @ T.B.A. Bus @ T.B.A. Var. & Fr. Practice 2:45 – 5:15	<b>26</b> Practice 2:45 – 5:15	<b>27</b> Danbury. Fr. Inv. @ Dnb. 4:00 Bus @ 1:45 Var. & J.V. Practice 2:45 – 5:15	<b>28</b> Practice 2:45 – 4:30	<b>29</b> CIAC Class LL Championships @ Wickham Park 3:10 Bus @ 11:30
<b>30</b> On your Own	<b>31</b> Practice 2:45 – 5:15					

# 2016

# November

## 2016 CROSS COUNTRY CALENDAR

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
		<b>1</b> Practice 2:45 – 5:15	<b>2</b> Practice 2:45 – 5:15	<b>3</b> Practice 2:45 – 4:30	<b>4</b> <b>CIAC Open Championships @ Wickham Park 2:00 Bus @ 11:00</b>	<b>5</b> Practice 10:00 – 12:30
<b>6</b> On Your Own	<b>7</b> Practice 2:45 – 5:15	<b>8</b> Practice 2:45 – 5:15	<b>9</b> Practice 2:45 – 5:15	<b>10</b> Practice 2:45 – 5:15	<b>11</b> Practice 2:45 – 4:30	<b>12</b> <b>New England Championships @ Ponaganset R.I. 11:00 Bus @ T.B.A.</b>
<b>13</b>	<b>14</b> RETURN ALL	<b>15</b> UNIFORMS AND	<b>16</b> VOTE FOR	<b>17</b> 2017 CAPTAINS	<b>18</b> THIS WEEK	<b>19</b>
<b>20</b> Awards Banquet TBA	<b>21</b>	<b>22</b>	<b>23</b> Pequot Road Race Set Up Wakeman Boys Club 2:00 PM & 5:00 PM	<b>24</b> Pequot Road Race Help with Race Wakeman Boys Club 7:00 AM	<b>25</b>	<b>26</b>
<b>27</b>	<b>28</b> Indoor Track Pre-Season Conditioning	<b>29</b> Indoor Track Pre-Season Conditioning	<b>30</b> Indoor Track Pre-Season Conditioning	<b>12/1</b> Indoor Track Pre-Season Conditioning	<b>12/2</b> Indoor Track Pre-Season Conditioning	<b>12/3</b> Indoor Track & Field Starts

# 2016