

## 2021 August/September Cross Country Schedule

The following schedule begins with our first official practice on Monday, August 16th and continues through Friday, September 10th. After that, I will send practice schedules on a weekly basis.

All practices will be at Manor Middle School. Our typical preseason practice time will be 4:00-5:30 pm, with the exception of several 8:00-9:30 am practices over Labor Day weekend. Once school begins on August 30th, we will practice right after school from 3:00-4:45 pm.

**Monday, 8/16:** \*First official practice!!! All paperwork is due for athletes to be eligible to participate (PIAA Physical, Code of Conduct, Drug Consent).

**Tuesday, 8/17:** Regular practice

**Wednesday, 8/18:** Regular practice

**Thursday, 8/19:** Regular practice

**Friday, 8/20:** \* Parent Meeting at 5:30 pm, immediately following practice. We will meet in our practice area.

**Monday, 8/23:** Regular practice

**Tuesday, 8/24:** Regular practice

**Wednesday, 8/25:** 19th Annual Kickoff Classic; practice will end at 5:15; information attached below and will be reviewed at the Parent Meeting.

**Thursday, 8/26:** Regular practice

**Friday, 8/27:** Regular practice

**Monday, 8/30:** First day of school!!! Practice time switches from 3:00-4:45 pm.

**Tuesday, 8/31:** Regular practice

**Wednesday, 9/1:** Regular practice

**Thursday, 9/2:** Early dismissal, NO PRACTICE

**Friday, 9/3:** NO SCHOOL, practice 8:00-9:30 am

**Monday, 9/6:** NO SCHOOL, practice 8:00-9:30 am

**Tuesday, 9/7:** Varsity Home meet, practice will end at 4:15

**Wednesday, 9/8:** Jr. High Home meet!!! Team members meet at regular time to prepare for the races.

**Thursday, 9/9:** Regular practice

**Friday, 9/10:** Regular practice