**Georgetown Cross Country  
Practice Schedule**

| [◄ Sep 2021](https://www.wincalendar.com/Holiday-Calendar/September-2021" \o "September 2021) | **October 2021** | | | | | [Nov 2021 ►](https://www.wincalendar.com/Holiday-Calendar/November-2021) |
| --- | --- | --- | --- | --- | --- | --- |
| **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
|  |  |  |  |  | 1  No Practice | 2  **SNL/Centerville**  **(High School only)** |
| 3 | 4  HS: 4-5:30pm  JrH: 4-5:30pm | 5  HS: 6-7:30pm  JrH: 6-7:30pm  CC Boosters Meeting: 7pm | 6  HS: 4-5:30pm  JrH: 4-5:30pm | 7  HS: 4-5:30pm  JrH: 4-5:30pm | 8  No Practice | 9  **New Richmond** |
| 10 | 11 Columbus Day  HS: 6-7:30pm  JrH: 6-7:30pm | 12  HS: 4-5:30pm  JrH: 4-5:30pm | 13  HS: 4-5:30pm  JrH: 4-5:30pm | 14  HS: 4-5:30pm  JrH: 4-5:30pm | 15  **Team Dinner** | 16  **SBAAC League Championships** |
| 17 | 18  HS: 4-5:30pm | 19  HS: 6-7:30pm | 20  HS: 4-5:30pm | 21  HS: 6-7:30pm | 22  No Practice | 23  **District Meet**  **(High School only)** |
| 24 | 25  HS: 5:30-7pm | 26  HS: 4-5:30pm | 27  HS: 2:35-4pm | 28  HS: 4-5:30pm | 29  No Practice | 30  **Regional Meet**  **(High School only)** |
| 31 Halloween |  | | | | | |

* **Please note Practice times will change some days so please check the schedule**. **Meet Bus leave times will be announced on Remind**.
* This schedule is for group practice. Your VDOT training plan may include additional individual runs on other days not listed on this schedule.
* We will meet at the GHS track unless noted differently on the schedule.
* Please arrive 5 minutes early. We will start on time. Coach McHenry: 937-631-8134
* Please bring your own water bottle, running watch and yoga mat to every conditioning session. Coach Molly Ellis: 937-515-9364