**Georgetown Cross Country
Practice Schedule**

| [◄ Sep 2021](https://www.wincalendar.com/Holiday-Calendar/September-2021%22%20%5Co%20%22September%202021) | **October 2021** | [Nov 2021 ►](https://www.wincalendar.com/Holiday-Calendar/November-2021) |
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| **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
|  |  |  |  |  | 1 No Practice | 2 **SNL/Centerville****(High School only)** |
| 3  | 4 HS: 4-5:30pmJrH: 4-5:30pm | 5 HS: 6-7:30pmJrH: 6-7:30pmCC Boosters Meeting: 7pm | 6 HS: 4-5:30pmJrH: 4-5:30pm | 7 HS: 4-5:30pmJrH: 4-5:30pm | 8 No Practice | 9 **New Richmond** |
| 10  | 11 Columbus DayHS: 6-7:30pmJrH: 6-7:30pm | 12 HS: 4-5:30pmJrH: 4-5:30pm | 13 HS: 4-5:30pmJrH: 4-5:30pm | 14 HS: 4-5:30pmJrH: 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