**Georgetown Cross Country  
Practice Schedule**

| [◄ Aug 2021](https://www.wincalendar.com/Holiday-Calendar/August-2021" \o "August 2021) | **September 2021** | | | | | [Oct 2021 ►](https://www.wincalendar.com/Holiday-Calendar/October-2021) |
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| **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
|  |  |  | 1  HS: 4-5:30pm  JrH: 4-5:30pm | 2  HS: 4-5:30pm  JrH: 4-5:30pm | 3  No Practice | 4  HS: 8-9:30am  JrH: 8-9:30am |
| 5 | 6 **Labor Day**  No Practice | 7  **Jim Neu Invitational**  **4:00pm** | 8  HS: 4-5:30pm  JrH: 4-5:30pm | 9  HS: 4-5:30pm  JrH: 4-5:30pm | 10  HS: 4-5:30pm  JrH: 4-5:30pm | 11 Patriot Day  **Vern Hawkins Invitational (Home Meet) 9:00am** |
| 12 | 13  HS: 6-7:30pm  JrH: 6-7:30pm | 14  HS: 4-5:30pm  JrH: 4-5:30pm | 15  HS: 4-5:30pm  JrH: 4-5:30pm | 16  HS: 4-5:30pm  JrH: 4-5:30pm | 17  No Practice | 18  **Bethel Invitational**  **9:00am** |
| 19 | 20  HS: 4-5:30pm  JrH: 4-5:30pm | 21  HS: 6-7:30pm  JrH: 6-7:30pm | 22 Start of Fall  HS: 4-5:30pm  JrH: 4-5:30pm | 23  HS: 6-7:30pm  JrH: 6-7:30pm | 24  No Practice | 25  **Patty Forgey (Rio) Invitational**  **10:00am** |
| 26 | 27  Fair Parade  **No Practice** | 28  HS: 4-5:30pm  JrH: 4-5:30pm | 29  JrH/HS: **8:00am**  **Meet back parking lot of the fair grounds** | 30  HS: 4-5:30pm  JrH: 4-5:30pm |  | |

* **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