**Georgetown Cross Country
Practice Schedule**

| [◄ Aug 2021](https://www.wincalendar.com/Holiday-Calendar/August-2021%22%20%5Co%20%22August%202021) | **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: 4-5:30pmJrH: 4-5:30pm | 2 HS: 4-5:30pmJrH: 4-5:30pm | 3 No Practice | 4 HS: 8-9:30amJrH: 8-9:30am |
| 5  | 6 **Labor Day**No Practice | 7 **Jim Neu Invitational****4:00pm** | 8 HS: 4-5:30pmJrH: 4-5:30pm | 9 HS: 4-5:30pmJrH: 4-5:30pm | 10 HS: 4-5:30pmJrH: 4-5:30pm | 11 Patriot Day**Vern Hawkins Invitational (Home Meet) 9:00am** |
| 12  | 13 HS: 6-7:30pmJrH: 6-7:30pm | 14 HS: 4-5:30pmJrH: 4-5:30pm | 15 HS: 4-5:30pmJrH: 4-5:30pm | 16 HS: 4-5:30pmJrH: 4-5:30pm | 17 No Practice | 18 **Bethel Invitational****9:00am** |
| 19  | 20 HS: 4-5:30pmJrH: 4-5:30pm | 21 HS: 6-7:30pmJrH: 6-7:30pm | 22 Start of Fall HS: 4-5:30pmJrH: 4-5:30pm | 23 HS: 6-7:30pmJrH: 6-7:30pm | 24 No Practice | 25 **Patty Forgey (Rio) Invitational** **10:00am** |
| 26  | 27 Fair Parade**No Practice** | 28 HS: 4-5:30pmJrH: 4-5:30pm | 29 JrH/HS: **8:00am****Meet back parking lot of the fair grounds** | 30 HS: 4-5:30pmJrH: 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