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| AUGUST |  |
|  | **2024** |
| SENECA CROSS COUNTRY |  |

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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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|  |  |  |  |  |  |  |
|  | 12 | 13 | 14 | 15 | 16 | 17 |
|  | **Practice 3-4:30**  **\*First day of**  **official practice** | **Practice 3-4:30** | **Practice 3-4:30**  **Freshman Orientation**  **6pm** | **Practice 3-4:30**  **PARENT MEETING**  **6pm ZOOM**  **\*Vote on Captains** | **Practice 3-4:30**  **Kick-Off Party!**  **5-9pm** |  |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
|  | **Practice 3-4:30**  **\*Meet the Bobcats\***  **Time tbd** | **Practice 3-4:30** | **Practice 3-4:30**  **\*Uniforms & Captains** | **Practice 3-4:30** | **Practice 3-4:30** |  |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |
|  | **Practice 2:55-4:30**  **\*1st day of school\***  **\*Team pictures\***  **3pm** | **Practice 2:55-4:30** | **Practice 2:55-4:30** | **Practice 2:55-4:30** | **Practice 2:55-4:00**  Pre-race workout | **Rocket Invitational**  *Ed Myer Complex*  *Titusville, PA*  Start time: 9:15am  Report: 6:15am |

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| SEPTEMBER |  |
|  | **2024** |
| SENECA CROSS COUNTRY |  |

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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|  | **LABOR DAY**  **NO PRACTICE**  \*Pre-race workout on your own | **Meet @ North East** **Start time: 4pm Report: 1pm** | **Practice 2:55-4:30** | **Practice 2:55-4:30** | **Practice 2:55-4:30** |  |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| **Erie Marathon Fundraiser**  **Mandatory**  **\*$10 opt-out** | **Practice 2:55-4:00** | **Home vs.**  **Union City**  **Start time: 4pm** | **Practice 2:55-4:30** | **Practice 2:55-4:30** | **Practice 2:55-4:00** | **Commodore Perry**  Start time: 9am  Report: 6:15am |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
|  | **Practice 2:55-4:00**  Pre-race workout | **Meet @**  **Harbor Creek**  **Start time: 4pm**  **Report: 1:45pm** | **Practice 2:55-4:30** | **Practice 2:55-4:30** | **Practice 2:55-4:00**  **HOMECOMING** | **HOMECOMING** |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
|  | **Practice 2:55-4:00**  Pre-race workout | **Home vs.**  **Eisenhower**  **Start time: 4pm** | **Practice 2:55-4:30** | **Practice 2:55-4:30** | **Practice 2:55-4:00** | **McQuaid**  Report: 5am |
| 29 | 30 |  |  |  |  |  |
|  | **Practice 2:55-4:00**  Pre-race workout |  |  |  |  |  |

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| OCTOBER |  |
|  | **2024** |
| SENECA CROSS COUNTRY |  |

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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  | 1 | 2 | 3 | 4 | 5 |
|  |  | **Home vs. Corry** **Start time: 4pm Report: 1pm** | **Practice 2:55-4:30** | **Practice 2:55-4:30** | **Practice 2:55-4:00**  Pre-race workout | **Harbor Creek**  **Dirty Dawg Invitational**  Start time: 10am  Report: 7:45am |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
|  | **Practice 2:55-4:30** | **Practice 2:55-4:30**  **Chipotle Fundraiser 4-8pm** | **Practice 2:55-4:30** | **Practice 2:55-4:30** | **Practice 2:55-4:00** |  |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
|  | **NO SCHOOL**  **NO PRACTICE**  \*Pre-race workout on your own | **Home vs. Warren**  **Start time: 4pm**  **\*Senior Night\*** | **Practice 2:55-4:30** | **Practice 2:55-4:00**  Pre-race workout | **Northwest XC Invitational**  **Frontier Park**  Start time: 4pm  Report: 1:45pm |  |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
|  | **Practice 2:55-4:30** | **Practice 2:55-4:30** | **HS Practice 2:55-4:30**  **Jr. High Championship Races @ 4:30**  **Report: 1:45pm** | **Practice 2:55-4:30** | **Practice 2:55-4:00**  Pre-race workout | **DISTRICT 10 CHAMPIONSHIP**  **Ed Myer Complex**  Start time: 10am  Report: 6:45am |
| 27 | 28 | 29 | 30 | 31 | 1 | 2 |
| **\*SAVE THE DATE\***  **Cross Country Banquet**  **Thursday 11/7 6pm** |  |  |  |  |  | **PIAA STATE CHAMPIONSHIP** |