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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: 9:15amReport: 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: 9amReport: 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: 10amReport: 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: 4pmReport: 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: 10amReport: 6:45am |
| 27 | 28 | 29 | 30 | 31 | 1 | 2 |
| **\*SAVE THE DATE\*****Cross Country Banquet****Thursday 11/7 6pm** |  |  |  |  |  | **PIAA STATE CHAMPIONSHIP** |