

2023 Seaman Middle School Cross Country

Daily Practice 3:00-4:30 (Parents are expected to pick up their no later than 4:30 PM)

Please check Schoology for updates

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| Mon. 14-Aug | Practice 1 |
| Tue. 15-Aug | Practice 2 |
| Wed. 16-Aug | Practice 3 - 1st day of school |
| Thurs. 17-Aug | Practice 4 |
| Fri. 18-Aug | Practice 5 |
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| Mon. 21-Aug | Practice 6 |
| Tue. 22-Aug | Practice 7 |
| Wed. 23-Aug | Practice 8 |
| Thurs. 24-Aug | Practice 9 |
| Fri. 25-Aug | Practice 10 - Parent Meeting |
| Sat. 26-Aug | Practice 11 (optional) |
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| Mon. 28-Aug | Practice 12 |
| Tue. 29-Aug | Practice 13 |
| Wed. 30-Aug | Practice 14 - Pictures |
| Thurs. 31-Aug | Jeff West Invite |
| Fri. 1-Sep | Practice 15 |

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| Mon. Sept. 4 | No Practice |
| Tue. Sept. 5 | Practice 16 |
| Wed. Sept. 6 | Practice 17 |
| Thurs. Sept. 7 | Practice 18 |
| Fri. Sept. 8 | Practice 19 |
| Sat. Sept. 9 | TPMS |
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| Mon. Sept. 11 | No Practice |
| Tue. Sept. 12 | Practice 20 |
| Wed. Sept. 13 | Seaman Invite |
| Thurs. Sept. 14 | Practice 21 |
| Fri. Sept. 15 | Practice 22 |
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| Mon. Sept. 18 | Practice 23 |
| Tue. Sept. 19 | Shawnee Hts. Inv. |
| Wed. Sept. 20 | Practice 24 |
| Thurs. Sept. 21 | Royal Valley |
| Fri. Sept. 22 | No Practice |

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| Mon. Sept. 25 | Practice 25 |
| Tue. Sept. 26 | Rock Creek |
| Wed. Sept. 27 | Practice 26 |
| Thurs. Sept. 28 | Practice 27 |
| Fri. Sept. 29 | League Meet |

Parent Meeting After Practice on Aug. 25