



SMS CROSS COUNTRY



PRACTICE SCHEDULE

Daily Practice 3:00 - 4:15 – Always pick your child up at SMS

Please check website daily for updates about any practice change.

If it is raining we will still have practice – we will do an indoor workout.

Monday, August 12	No Practice
Tuesday, August 13	No Practice
Wednesday, August 14	1st day of School – No Practice
Thursday, August 15	No Practice
Friday, August 16	No Practice
Monday, August 19	1st day of Practice
Tuesday, August 20	Practice
Wednesday, August 21	Practice – Parent Meeting
Thursday, August 22	Practice
Friday, August 23	Practice
Saturday, August 24	Practice – Optional (Shawnee North CC) 8 AM
Monday, August 26	Practice – Uniform Checkout
Tuesday, August 27	Practice
Wednesday, August 28	Practice
Thursday, August 29	Practice
Friday, August 30	Practice – Team Pictures
Saturday, August 31	Practice – Optional (Dr. Orozco Trail) 8 AM
Monday, September 2	NO SCHOOL – LABOR DAY – NO PRACTICE
Tuesday, September 3	Practice
Wednesday, September 4	Practice – Practice at Shawnee North
Thursday, September 5	Jeff West Inv. (Shawnee North CC) 3:30 PM
Friday, September 6	Practice
Saturday, September 7	Manhattan Invitational – Warner Park 7:30 AM



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Monday, September 9	Practice
Tuesday, September 10	Wamego MS Invitational – 4 PM
Wednesday, September 11	Practice
Thursday, September 12	Practice
Friday, September 13	Practice
Monday, September 16	Practice
Tuesday, September 17	Practice
Wednesday, September 18	Seaman Invitational (Shawnee North CC) 3:30 PM
Thursday, September 19	Practice
Friday, September 20	Practice
Monday, September 23	Practice
Tuesday, September 24	Shawnee Heights 4:00 PM
Wednesday, September 25	Practice
Thursday, September 26	KC Turner Meet – Pierson Park – 4 PM Royal Valley Invitational – Hoyt City Park – 4 PM
Friday, September 27	No Practice – Seaman HS Homecoming
Monday, September 30	Practice
Tuesday, October 1	Rock Creek RCHS Flush, KS – 4 PM _Maybe?
Wednesday, October 2	Practice
Thursday, October 3	Practice
Friday, October 4	Centennial League Meet – Milford Lake JC – 2 PM