**Boys XC Weekly Schedule for 10/17-23, 2016**

**Monday, 10/17**-Practice 3:30-5:30

**Tuesday, 10/18-**Home meet with Brookville. Senior Night! We will recognize the seniors at 4:00 pm, followed by the middle school race at 4:15 and the varsity race to follow. There will be a middle school mile at 5:30 for anyone wishing to stay and help cheer the younger runners. You will have the track 200’s to do after the race as well.

**Wednesday, 10/19**-Practice 3:30-5:30. We will plan on swimming after our run-make sure you have everything you need.

**Thursday, 10/20**-Practice 3:30-5:30.

**Friday, 10/21-No practice due to flex day and Saturday’s practice.** Please run the scheduled workout on your own. You can either run here after school with some teammates or go home and run on your own. It is important that you have the discipline to run without having to do it at a scheduled practice. You need only to run an easy 30 minutes to complete the scheduled session.

**Saturday, 10/22** Practice at Ridgway Elementary on the district course. We are able to go up to the course on a bus, which will leave at 9:00 am. I would expect we should be home by around 2:00 pm at the latest. We will provide pizza or similar. More details to follow later in the week.

**Sunday, 10/23**-Rest day-no running