**Boys XC Weekly Schedule for 10/3-9, 2016**

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

**Tuesday, 10/4-**Away meet at Kane. You are dismissed at 1:30. The bus leaves at 1:45. The meet begins at 4:15. We will not be stopping but will plan on getting pizza delivered to the bus. We are asking that everyone pitch in one dollar for the cost of pizza. We will plan for 3 slices per person.

Directions to Kane high school: The address is 6965 PA-321, Kane, PA 16735

If you go on Rt. 36 to Brookville, stay on 36 through Sigel, etc.

Turn right onto Pa-899 North, continue to Marionville, etc.

Turn right in Marionville onto Pa-66 North

Stay on 66, as you head into Kane turn right on Old Mill Road

Go .7 miles on Old Mill Road, then turn left onto Highland Road

Continue on Highland Road about .6 miles to the school. I believe this way takes you to the back of the school where the track is located, but the gate may be closed and you will have to go out to the main road and turn left and then left again into the school.

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

**Thursday, 10/6**-Practice 3:30-5:30.

**Friday, 10/7-**Practice 3:30-4:45 if we have it. Possibly no practice and you can run on your own. We’ll see how the week goes. Plan on practicing for now.

**Saturday, 10/8-**Ridgway Invitational @Grandinetti Elementary School in Ridgway.

Directions are Pa-310 to 219 North. 219 North heading into Ridgway (Boot Jack). As you start down Boot Jack, veer right onto Steis Drive, go .1 mile, turn right onto Rocky Road, go .1 mile, turn right onto School Drive and arrive at Grandinetti Elementary School.

The bus will leave at 6:45 am. The boys race is scheduled for 10:45 am. I would figure we will be home by no later than 3:30-4:00 pm. There is usually concession food to eat, so bring money.

**Sunday, 10/2**-Rest day-no running