**Boys XC Weekly Schedule for 8/29-9/4, 2016**

**Monday, 8/29**-Practice 3:30-6:00

**Tuesday, 8/30**-Practice 3:30-5:30

**Wednesday, 8/31**-Practice 3:30-5:30

**Thursday, 9/1**-Practice 3:30-5:30

**Friday, 9/2**- Hosting the Punxsy XC Relays The open race is scheduled for 5:15 pm. I am asking that you be at the stadium by no later than 4:15. I realize that this doesn’t give you much time if you want to go home after school, so we might be able to provide some food for everyone so if you want to stay and eat a bite you can do so (details to follow). The girls will run their relay at 5:45, with the boys relay scheduled for 7:00 pm. Awards should be wrapped up between 8:00-8:30 pm. Please plan on staying for the entire meet and helping out as needed.

**Saturday, 9/3**-No practice but you are to run the scheduled workout on your own.

**Sunday, 9/4**-Rest day-no running

Reminder that because of the meet we have on Tuesday @ DuBois with Elk County we will have practice from 9:30-11:00 am on Labor Day. I realize this is an important day for families to spend together, but I really would like to meet as a team so we have an idea what to expect for Tuesday’s meet. Let me know in advance if you happen to have any issues with attending on Monday. Thanks for understanding and make sure your parents are aware of this scheduled practice as well. Thanks!