**Boys XC Weekly Schedule for 9/12-18, 2016**

**Monday, 9/12**-Practice 3:30-5:30

**Tuesday, 9/13**-Away meet @ Saint Marys High School with Saint Marys and Elk County Catholic (again!). My schedule has the meet starting at 4:30, so a little later than usual. Better arrive closer to 4:00 just in case. We are dismissed at 2:00 pm and the bus will leave at 2:15. We can stop to eat at Wendy’s or similar on the way home so bring some money or pack some things to eat for the ride home.

**Directions: You can go 310/219 to get to Rt 255 or take 119 to DuBois, then 255 north. Once you are coming into Saint Marys on the Million Dollar Highway (Rt 255) you continue past a Wendy’s on your right, then after seeing Stoltz Ford on your left you will take a right to Saint Marys High School (They have an announcement board at their entrance). Follow that drive and bear right down to the track where the race will begin.**

**Wednesday, 9/14**-Practice 3:30-5:30. We will let you know if we can get the pool for after our run. If so you will need to bring a suit/towel and goggles or whatever else you may need to be in the water. We can provide belts, fins, etc.

**Thursday, 9/15**-Practice 3:30-5:30. Try to dig out a tennis racket if you have one-I want to play a doubles tourney if the weather is nice. Maybe mixed doubles if the girls are able to join in.

**Friday, 9/16-**practice 3:30-5:30 if not meeting on Saturday. No practice if we are meeting on Saturday.

**Saturday, 9/17**-Practice 9:00-11:00 am. More details to follow.

**Sunday, 9/18**-Rest day-no running