**Boys XC Weekly Schedule for 9/19-25, 2016**

**Monday, 9/19**-Practice 3:30-5:30

**Tuesday, 9/20**-Away meet @ Brookville with Bradford. The bus will leave at 2:00. You are dismissed at 1:45. The meet begins at 4:00 pm with the middle school race. We will not stop to eat on the way home, so bring some healthy snacks if you wish. I would guess we should be home before 7:00 pm. The meet will be held at Brookville High school. Once you enter Brookville and get to the first light at main street, go straight up the hill (it’s a slight left actually-Valley Street I believe) about a mile and the school is on the right. It is just past where you go under I-80.

**Wednesday, 9/21**-Practice 3:30-5:30. We will plan on swimming after our run. More details to follow. You will need to have a suit/towel and whatever else you may want. I can’t guarantee I can get to the goggle supply, so bring goggles if you want to have them for swimming.

**Thursday, 9/22**-Practice 3:30-5:30.

**Friday, 9/23-**Today is a flex day. I will be unable to get out of flex day activities, but I want you to meet as a team for a group run right after school. Please make plans now to be able to attend. Let’s figure 12:30-1:45 for the practice time

**Saturday, 9/24**-PIAA Foundation Invitational at Parkview XC course in Hershey. The bus will leave at 6:00 am. The varsity Blue race (AA classification) race will begin at noon. The junior varsity race is scheduled to begin at 2:15. I would expect we will be home sometime around 8:00 pm, depending on stopping to eat. The booster club has given us 100 dollars that we can use on the way home for dinner. Otherwise bring some extra money for a shirt, food, etc. I realize this is an early departure and a long day overall, but it is the only way I could get the entire team to go based on the money we had available in the athletic budget. Only the varsity would have gone if we had gone down Friday night with a rental van, which was the other option given to us.

**Sunday, 9/25**-Rest day-no running