**Punxsy Boys Cross Country Weekly Schedule 10/10-16, 2016**

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

**Tuesday, 10/11**-Home meet with Brockway. Please plan on staying until 6:00 pm. Read the race preview and strategy for Brockway.

**Wednesday, 10/12**-Practice 3:30-5:30 Don’t forget your swim stuff. Feel free to get picked up at the middle school if you wish.

**Thursday, 10/13**-Practice 3:30-5:30

**Friday, 10/14**-No practice scheduled, but everyone is asked to run the scheduled workout on his own.

**Saturday, 10/15**-practice 9:30-11:00 am. We will probably meet somewhere off campus for variety. More info to follow.

**Sunday, 10/16**-no practice/no running-enjoy a rest day!