

**2015 Cross Country Schedule**

v.2 Jul 15, 2015

Day	Date	Location	Time
Sat	8/1/2015		
Sun	8/2/2015	OFF	
Mon	8/3/2015	Cahoon Park	6:00-7:00 PM
Tue	8/4/2015	<b>Cahoon Park- Parents Meeting</b>	6:00-7:00 PM
Wed	8/5/2015	Cahoon Park	6:00-7:00 PM
Thu	8/6/2015	Cahoon Park	6:00-7:00 PM
Fri	8/7/2015	OFF	
Sat	8/8/2015	<b>RUN ON YOUR OWN</b>	
Sun	8/9/2015	OFF	
Mon	8/10/2015	Cahoon Park	6:00-7:00 PM
Tue	8/11/2015	<b>No-Practice - Run On Your Own</b>	
Wed	8/12/2015	Cahoon Park	6:00-7:00 PM
Thu	8/13/2015	Cahoon Park ( <i>possible uniform distribution</i> )	6:00-7:00 PM
Fri	8/14/2015	OFF	
Sat	8/15/2015	<b>RUN ON YOUR OWN</b>	
Sun	8/16/2015	OFF	
Mon	8/17/2015	Cahoon Park	6:00-7:00 PM
Tue	8/18/2015	Cahoon Park ( <i>possible uniform distribution</i> )	6:00-7:00 PM
Wed	8/19/2015	<b>TIME TRIAL/INTRA SQUAD MEET - CAHOON PARK</b>	6:00-7:00 PM
Thu	8/20/2015	Cahoon Park - <i>run to Malleys; parent pick up at Malleys</i>	6:00-7:45 PM
Fri	8/21/2015	OFF	
Sat	8/22/2015	<b>RUN ON YOUR OWN</b>	
Sun	8/23/2015	OFF	
Mon	8/24/2015	Cahoon Park	6:00-7:00 PM
Tue	8/25/2015	Cahoon Park	6:00-7:00 PM
Wed	8/26/2015	Cahoon Park	6:00-7:00 PM
Thu	8/27/2015	Cahoon Park	6:00-7:00 PM
Fri	8/28/2015	<b>RUN ON YOUR OWN</b>	
Sat	8/29/2015	OFF	
Sun	8/30/2015	<b>HAWKEN</b>	<b>1PM *</b>
Mon	8/31/2015	OFF	
Tue	9/1/2015	Cahoon Park	6:00-7:00 PM
Wed	9/2/2015	Cahoon Park	6:00-7:00 PM
Thu	9/3/2015	Cahoon Park	6:00-7:00 PM
Fri	9/4/2015	OFF	
Sat	9/5/2015	<b>WALLACE LAKE</b>	<b>10 AM *</b>
Sun	9/6/2015	OFF	
Mon	9/7/2015	OFF - Run on Own - Labor Day holiday	
Tue	9/8/2015	Cahoon Park	6:00-7:00 PM
Wed	9/9/2015	Cahoon Park	6:00-7:00 PM
Thu	9/10/2015	Cahoon Park	6:00-7:00 PM
Fri	9/11/2015	<b>RUN ON YOUR OWN</b>	
Sat	9/12/2015	OFF	
Sun	9/13/2015	<b>BRECKSVILLE/BROADVIEW HEIGHTS</b>	<b>1PM *</b>
Mon	9/14/2015	OFF	
Tue	9/15/2015	<b>Cahoon Park- Pizza Party after practice</b>	6:00-7:00 PM
Wed	9/16/2015	Cahoon Park	6:00-7:00 PM
Thu	9/17/2015	Cahoon Park	6:00-7:00 PM
Fri	9/18/2015	OFF	
Sat	9/19/2015	<b>FOREST HILLS</b>	<b>10 AM *</b>
Sun	9/20/2015		
Mon	9/21/2015	<b>RUN ON YOUR OWN</b>	
Tue	9/22/2015	Cahoon Park	6:00-7:00 PM
Wed	9/23/2015	Cahoon Park	6:00-7:00 PM
Thu	9/24/2015	Cahoon Park	6:00-7:00 PM
Fri	9/25/2015	<b>RUN ON YOUR OWN</b>	
Sat	9/26/2015	OFF	
Sun	9/27/2015	<b>WILLOUGHBY SOUTH HIGH SCHOOL</b>	<b>1PM *</b>
Mon	9/28/2015	OFF	
Tue	9/29/2015	Cahoon Park	6:00-7:00 PM
Wed	9/30/2015	Cahoon Park	6:00-7:00 PM
Thu	10/1/2015	Cahoon Park	6:00-7:00 PM
Fri	10/2/2015	<b>RUN ON YOUR OWN</b>	
Sat	10/3/2015	<b>Team - mass 4:30pm St. Raphael</b>	<b>4:30 pm mass</b>
Sun	10/4/2015	<b>ST. RAPHAEL HOST - LORAIN COUNTY COMMUNITY COLLEGE</b>	<b>1PM *</b>
Mon	10/5/2015	OFF	
Tue	10/6/2015	Cahoon Park	6:00-7:00 PM
Wed	10/7/2015	Cahoon Park	6:00-7:00 PM
Thu	10/8/2015	Cahoon Park	6:00-7:00 PM
Fri	10/9/2015	OFF	
Sat	10/10/2015	<b>EDGEWATER - [CADET CHAMPIONSHIP]</b>	<b>10 AM *</b>
Sun	10/11/2015	OFF	
Mon	10/12/2015	OFF	
Tue	10/13/2015	Cahoon Park - Intermediate Runners only	6:00-7:00 PM
Wed	10/14/2015	Cahoon Park - Intermediate Runners only	6:00-7:00 PM
Thu	10/15/2015	Cahoon Park - Intermediate Runners only	6:00-7:00 PM
Fri	10/16/2015	OFF	
Sat	10/17/2015	OFF	
Sun	10/18/2015	<b>7TH &amp; 8TH INT. CHAMPIONSHIP (SOME 6TH GRADERS) HUDSON area</b>	<b>1PM *</b>
Mon	10/19/2015		
Tue	10/20/2015	<b>Cahoon Park- SHAVING CREAM FIGHT</b>	6:00-7:00 PM
---	---	---	---
Tue	11/3/2015	<b>CROSS COUNTRY BANQUET- ST. RAPHAEL LUNCHROOM</b>	<b>6:30-8:30PM</b>

\* Time of 1st race; arrival time to be announced each week