

Memorial Middle School Cross Country Calendar August 2021



Sun	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
1 OFF	2 XC Athlete/Parent Meeting 6:00-7:00 pm	3 Practice @ Memorial 7:30 – 9:00 am	4 Practice @ Memorial 7:30 – 9:00 am	5 Practice @ Municipal Park 7:30 – 9:00 am	6 Practice @ Prairie Oaks 7:30 - 9:00 am	7 OFF
8 OFF	9 Practice @ Memorial Mile Time Trial + Team Breakfast 7:30 – 9:30 am	10 Practice @ Prairie Oaks 7:30 - 9:00 am	11 Pictures 9:00 am Practice @ Memorial 9:00 – 10:30 am	12 Practice @ Municipal Park 7:30 – 9:30 am	13 Practice @ Prairie Oaks 7:30 - 9:00 am	14 OFF
15 OFF	16 Practice @ Prairie Oaks 3:30– 5:00 pm	17 Practice @ Municipal Park 3:30 – 5:00 pm	18 <u>No Team Practice</u> Run on Your Own – 30 minutes recovery	19 First Day of School Practice @ Memorial 3:00 - 4:30 pm	20 OFF - No Practice	21 Run-A-Thon @ Bradley 8:00-10:00 pm
22 OFF	23 Practice @ Memorial 3:00 - 4:30 pm	24 HOME Meet vs Dublin Grizzell 5:30 pm	25 Practice @ Prairie Oaks 5:30 - 7:00 pm	26 Practice @ Memorial 3:00 – 5:00 pm	27 Practice @ Memorial 3:00 - 4:30 pm	28 OFF
29	30 Practice @ Memorial 3:00 - 5:00 pm	31 Practice @ Memorial 3:00 - 4:30 pm				