

September

2015

Middle School Cross-Country

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6	7	8	9	10	11	12
Off	Practice @ Troy - 3-4	Off	Off	Off	Primeau's trails @ 3:45- 5:00 Practice	5
13	14	15	16	17	18	19
Off	Practice @ Troy - 3-4	Off	Off	Practice @ Troy - 3-4	Off	
20	21	22	23	24	25	26
Off	Practice @ Troy - 3-4	Off	Off	Primeau's trails @ 4:00 Scrimmage		
27	28	29	30			
Off	Practice @ Troy - 3-4	Off				

October

2015

Middle School Cross-Country

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
					1	2	3
					Primeau's trails Practice @ 3:45-5:00	Primeau's trails Practice @ 3:45-5:00	
4	5	6	7	8	9	10	
	Primeau's Trails @ 4:00 League Race	Primeau's Trails @ 3:45 Kingdom Cup Race		Primeau's trails Practice @ 3:45-5:00	Primeau's trails Practice @ 3:45-5:00		
11	12	13	14	15	16	17	
	Primeau's trails @ 3:45 Kingdom Cup Race	Primeau's trails @ 3:45 Kingdom Cup Race		Primeau's trails Practice @ 3:45-5:00	Primeau's trails Practice @ 3:45-5:00		
18	19	20	21	22	23	24	
	Practice @ Troy School 3-4	Practice @ Troy School 3-4		Primeau's trails Practice @ 3:30	Primeau's trails Practice @ 3:30	Primeau's trails @ 10:00 League Race	
25	26	27	28	29	30	31	