

2024 MS XC Practice/Meet Schedule

Practices will all be 4:00-5:15

Mon 8-24 Practice - Conditioning
Tue 8-25 Practice - Conditioning
Wed 8-26 Practice - Conditioning
Thur 8-27 Practice - Conditioning
Fri 8-28 Day off

Mon 9-2 Day off (No School)
Tue 9-3 Practice (School starts)
Wed 9-4 Practice
Thur 9-5 **MEET**
Fri 9-6 Practice

Mon 9-9 Practice
Tue 9-10 **MEET**
Wed 9-11 Day off
Thur 9-12 Practice
Fri 9-13 Practice
Sat 9-14 **MEET**

Mon 9-16 Day off (No School)
Tue 9-17 **MEET**
Wed 9-18 Practice
Thur 9-19 Practice
Fri 9-20 Practice

Mon 9-23 Practice
Tue 9-24 **MEET**
Wed 9-25 Day off
Thur 9-26 Practice
Fri 9-27 Practice

Mon 9-30 Practice
Tue 10-1 **MEET**
Wed 10-2 Day off
Thur 10-3 Practice
Fri 10-4 Practice

Mon 10-7 Practice
Tue 10-8 Practice
Wed 10-9 Practice
Thur 10-10 **HOME MEET**
Fri 10-11 Day off (half day)

Mon 10-14 Practice
Tue 10-15 **MEET**
Wed 10-16 Day off
Thur 10-17 Practice
Fri 10-18 Practice
Sat 10-19 **MEET**