



October 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Practice 3:45-4:45	3 Practice 3:45-4:45	4	5 Meet Day #4 @ Ewing Park 5:40	6 Practice 3:45-4:45	7
8	9 Practice 3:45-4:45	10 Meet Day #5 @ SE Polk HS 4:30	11 End of Year Party 3:45-4:45	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				
		Coach: Jay Fisher (515) 988 - 5048				

CROSS COUNTRY

Practice

- *Meet in Hoyt Cafe
- *Need to be picked up at 4:45
- *Late Bus will pick up at 5:15

Meet Location #4

Ewing Park
5300 Indianola Ave
Des Moines, IA 50315

Meet Location #5

Southeast Polk High School
7945 NE University Ave
Pleasant Hill, IA 50327