



September 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	August 28 Practice 3:45-4:45	August 29 Practice 3:45-4:45	August 30	August 31 Practice 3:45-4:45	1 Practice 3:45-4:45	2
3	4 No School Labor Day	5 Practice 3:45-4:45	6	7 Practice 3:45-4:45	8 Practice 3:45-4:45	9
10	11 Practice 3:45-4:45	12 Meet Day @ Valley Southwoods 4:15	13	14 Practice 3:45-4:45	15 Practice 3:45-4:45	16
17	18 Meet Day @ North Polk HS 4:30	19 No Practice day after meet	20	21 Practice 3:45-4:45	22 No School No Practice	23
24	25 No School No Practice	26 Practice 3:45-4:45	27 Team Dinner 3:45-4:45	28 Meet Day @ Perry Golf & CC 4:15	29 No Practice day after meet	30
		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 #1

Valley Southwoods
625 S. 35th St
West Des Moines, IA 50265

Meet Location #2

North Polk High School
315 NE 141st Ave
Alleman, IA 50007

Meet Location #3

Perry Golf & CC
352 330th St
Boone, IA 50220