



September 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 No School Labor Day	3 Practice 3:45-4:45	4 Practice 3:45-4:45	5 Practice 3:45-4:45	6 Practice 3:45-4:45	7
8	9 Practice 3:45-4:45	10 Practice 3:45-4:45	11 Practice 3:45-4:45	12 Practice 3:45-4:45	13 Practice (Optional) 3:45-4:45	14
15	16 Practice 3:45-4:45	17 Meet Day (4:15) @ Valley Southwoods	18 Practice 3:45-4:45	19 Practice 3:45-4:45	20 No School	21
22	23 Meet Day (4:45) @ North Polk	24 Practice 3:45-4:45	25 Practice 3:45-4:45	26 Practice 3:45-4:45	27 Practice (Optional) 3:45-4:45	28
29	30 Meet Day (4:00) @ Ames-ISU Course					
Head Coach: Kade Dolphin Contact: kade.dolphin@dmschools.org						

HOYT 7TH/8TH GRADE CROSS COUNTRY

Practice

- *Meet in cafeteria
- *Practice on/near Hoyt campus
- *Need to be picked up at 5:00
- *Late Bus will pick up at 5:15

Meets

- *Girls typically run first, followed by boys.
- *Students must be signed out by parent/guardian or ride the bus home with team.
- *Meets are FREE to attend.