

## 2013 GLENWOOD CITY HIGH SCHOOL & MIDDLE SCHOOL CROSS COUNTRY PRACTICE & MEET SCHEDULE

### What you will need each practice & meet.

- 1) A good pair of running shoes (low heels & lightweight; Scheels or any athletic shoe store is helpful)
- 2) A waterproof wristwatch with a built-in stopwatch
- 3) A running shirt & shorts (uniform on meet days)
- 4) A filled water bottle
- 5) A pair of running spikes (1/2" max) for high school athletes; optional for middle school runners

**All practices start at the school track, but may lead to a variety of running routes off school grounds and around town. Practices will last between 1½ to 2 hours.**

**The middle school may have additional nights off as the season progresses.**

<u>DATE</u>	<u>MEET</u>	<u>TIME</u>
<b>Monday, August 19</b>	<b>Practice</b>	<b>8:00 a.m.</b>
Tuesday, August 20	Practice	8:00 a.m.
Wednesday, August 21	Practice	8:00 a.m.
Thursday, August 22	Practice	8:00 a.m.
Friday, August 23	Practice	8:00 a.m.
Saturday, August 24	Practice (M.S. optional)	8:00 a.m.
Sunday	Rest	
Monday, August 26	Practice	4:00 p.m.
Tuesday, August 27	Practice	4:00 p.m.
Wednesday, August 28	Practice	4:00 p.m.
<b>Thursday, August 29</b>	<b>@ Boyceville - Tiffany Creek Elementary: H.S. &amp; M.S.</b>	<b>2:30 p.m.</b>
Friday, August 30	Practice – Note Time	7:30 a.m.
Weekend	Run at least 45 minutes one day	
Monday, September 3	Practice – Note Time	5:30 p.m.
Tuesday, September 4	Practice	3:30 p.m.
Wednesday, September 5	Practice	3:30 p.m.
<b>Thursday, September 6</b>	<b>@ St. Croix Central High School: H.S. &amp; M.S.</b>	<b>4:30 p.m.</b>
Friday, September 7	Practice	3:30 p.m.
Weekend	Run at least 45 minutes one day	
Monday, September 9	Practice	3:30 p.m.
Tuesday, September 10	Practice (TEAM pictures)	3:30 p.m.
Wednesday, September 11	Practice	3:30 p.m.
Thursday, September 12	Practice	3:30 p.m.
Friday, September 13	Practice (supper @ 4:30)	3:30 p.m.
<b>Saturday, September 14</b>	<b>@ Fall Creek High School: H.S. &amp; M.S.</b>	<b>10:00 a.m.</b>
Sunday	Rest	
Monday, September 16	Practice	3:30 p.m.
Tuesday, September 17	Practice	3:30 p.m.
Wednesday, September 18	Practice	3:30 p.m.
Thursday, September 19	Practice	3:30 p.m.
Friday, September 20	Practice (supper @ 4:30)	3:30 p.m.
<b>Saturday, September 21</b>	<b>@ Osceola Intermediate School: H.S. &amp; M.S.</b>	<b>8:30 a.m.</b>
Sunday	Rest	

Monday, September 23	Practice	3:30 p.m.
<b>Tuesday, September 24</b>	<b>@ Barron High School: H.S. &amp; M.S.</b>	<b>TBD</b>
Wednesday, September 25	Practice	3:30 p.m.
Thursday, September 26	Practice	3:30 p.m.
Friday, September 27	Practice	3:30 p.m.
Weekend	Run at least 45 minutes one day	
Monday, September 30	Practice	3:30 p.m.
<b>Tuesday, October 1</b>	<b>@ Ellsworth Golf Course: H.S. &amp; M.S.</b>	<b>4:00 p.m.</b>
Wednesday, October 2	Practice	3:30 p.m.
<b>Thursday, October 3</b>	<b>Practice (H.S.)</b>	<b>3:30 p.m.</b>
	<b>@ Spring Valley High School: M.S. only</b>	<b>4:30 p.m.</b>
Friday, October 4	Practice	3:30 p.m.
Weekend	Run at least 45 minutes one day	
<b>Monday, October 7</b>	<b>@ Colfax - Whitetail Golf Course: H.S. &amp; M.S.</b>	<b>4:00 p.m.</b>
Tuesday, October 8	Practice	3:30 p.m.
Wednesday, October 9	Practice	3:30 p.m.
Thursday, October 10	Practice – Note Time	1:00 p.m.
Friday, October 11	Practice – Note Time	8:00 a.m.
<b>Saturday, October 12</b>	<b>@ Eau Claire Memorial - South Middle School: H.S. only</b>	<b>10:00 a.m.</b>
Sunday	Rest	
Monday, October 14	Practice	3:30 p.m.
Tuesday, October 15	Practice	3:30 p.m.
Wednesday, October 16	Practice (supper @ 4:30)	3:30 p.m.
<b>Thursday, October 17</b>	<b>DSC Conference @ Colfax - Whitetail Golf Course: M.S. &amp; H.S.</b>	<b>TBD</b>
Friday, October 18	Practice	3:30 p.m.
Weekend	Run at least 30 minutes one day	
Monday, October 21	Practice	3:30 p.m.
Tuesday, October 22	Practice	3:30 p.m.
Wednesday, October 23	Practice	3:30 p.m.
Thursday, October 24	Practice	3:30 p.m.
Friday, October 25	Practice (supper @ 4:30)	3:30 p.m.
<b>Saturday, October 26</b>	<b>Sectionals @ Boyceville - Tiffany Creek Elementary: H.S. only</b>	<b>TBD</b>
Sunday	Rest	
Monday, October 28	Practice	3:30 p.m.
Tuesday, October 29	Practice	3:30 p.m.
Wednesday, October 30	Practice	3:30 p.m.
Thursday, October 31	Practice	3:30 p.m.
Friday, November 1	Leave for Plover	11:00 a.m.
<b>Saturday, November 2</b>	<b>State Meet @ Wisconsin Rapids – The Ridges Golf Course</b>	<b>TBD</b>

