

Wesleyan Men's Cross Country



Practice Schedule 2009

Practice Schedule for Week of July 27th:

Monday-Friday - Captain-Led Practice - 10:00AM - Davidson Natatorium

Saturday - Run 8 miles on your own

Sunday - Run 2 miles on your own

Practice Schedule for Week of August 3rd:

Monday - Captain-Led Practice - 10:00AM - Davidson Natatorium

Tuesday-Friday - CAMP!

Saturday - Run 8 miles on your own

Sunday - Run 2 miles on your own

Practice Schedule for Week of August 10th:

Monday - 10:00AM

Tuesday & Thursday - 4-6:00PM

Wednesday - Run 4 miles on your own

Friday - Run 3 XXXX own **Alumni vs. XC Team Intrasquad Challenge - 5:00PM**

Saturday - 10-12:00PM

Sunday - Run 2 miles on your own

Practice Schedule for Week of August 17th:

Monday & Tuesday - 10:00AM

Wednesday, August 19th (First Day Of School): **Run 4 Miles on your own!**

Thursday: 4:00-6:00PM

Friday - 3:30-4:15PM

Saturday: Westminster Invitational

Sunday: Run on own



Every Week Thereafter:

Monday-Thursday: 4:00-6:00 PM practice

Friday: 3:30-4:15 PM

Saturday: 10:00-12:00 PM Practice

Sunday: Run on your own

Unusual Practice Days:

Labor Day - U.S. 10K Classic - register for the race at www.US10K.org
or practice will be given to you to run on your own.

Tuesday, September 29th - ½ Day - 4:00 PM Practice

HOMECOMING THURSDAY (October 1st) - 3:30PM practice (No Extra Help)

HOMECOMING FRIDAY - Practice at 8:00AM before late arrival

FALL HOLIDAY - Monday, October 12th-Run On Own

PSAT DAY! Tuesday, October 14th - ½ Day - 12:45PM Practice

Wednesday, October 28th - SERVICE DAY - practice from 2:30-3:15PM

Saturday, November 11th - All runners meet at state meet

MORE INFORMATION TO FOLLOW ONCE NEEDED!