

## COLUMBIA GIRLS' & BOYS' CROSS COUNTRY SCHEDULE- 2017

**PLEASE REALIZE THAT IT'S SUBJECT TO CHANGE!!!**

**AUGUST 2017**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2 HEALTH REVIEW (BOYS) 9:00 AM to 1:00 PM	3 HEALTH REVIEW (GIRLS) 9:00 AM to 1:00 PM	4	5
6	7	8	9	10	11 MAKE-UP HEALTH REVIEW 5:00 PM TO 7:00 PM	12
13	14 FIRST DAY OF PRACTICE... 6:00 PM TO 7:30 PM MAKE-UP HEALTH REVIEW 9:00 AM TO 1:00 PM	15 PRACTICE 6:00 PM TO 7:30 PM MAKE-UP HEALTH REVIEW 2:00 PM TO 7:00 PM	16 PRACTICE 6:00 PM TO 7:30 PM	17 PRACTICE 6:00 PM TO 7:30 PM MAKE-UP HEALTH REVIEW 8:00 AM TO 11:00 AM 5:00 PM TO 7:00 PM	18 PRACTICE 6:00 PM TO 7:30 PM	19 PRACTICE 10:00 am to 11:30 am
20	21 PRACTICE 6:00 PM TO 7:30 PM MAKE-UP HEALTH REVIEW 5:00 PM TO 7:00 PM	22 PRACTICE 6:00 PM TO 7:30 PM	23 PRACTICE 6:00 PM TO 7:30 PM	24 PRACTICE 6:00 PM TO 7:30 PM	25 PRACTICE 6:00 PM TO 7:30 PM	26 PRACTICE TBA
27	28 PRACTICE 4:00 PM TO 5:30 PM MEET THE COACHES NIGHT AT 7:00 PM	29 PRACTICE 6:00 PM TO 7:30 PM	30 PRACTICE 6:00 PM TO 7:30 PM	31		

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### SEPTEMBER 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	1  NO PRACTICE	6
7	8  LABOR DAY NO SCHOOL NO PRACTICE	9  SCHOOL STARTS 1 <sup>ST</sup> LEAGUE MEET @ ELM PARK (BETH) 4:15 PM START	10  PRACTICE 3:00 PM TO 4:45 PM	11  PRACTICE 3:00 PM TO 5:00 PM	12  SHAKER INVITE 4:00 PM	13
14  Mr. Leonard's Teal Run in Washington Park. Albany NY	15  PRACTICE 3:00 PM TO 4:45 PM	16  2 <sup>ND</sup> LEAGUE MEET @ TROY 4:15 PM START	17  PRACTICE 3:00 PM TO 4:45 PM  RAIN DATE FOR MAKE-UP MEET	18  PRACTICE 3:00 PM TO 5:00 PM	19  PRACTICE TBA	20  FORT PLAIN INVITE 9:00 AM
21	22  PRACTICE 3:00 PM TO 5:00 PM	23  3 <sup>RD</sup> LEAGUE MEET @ SCHODACK ISLAND (HOME) 4:15 PM START	24  PRACTICE 3:00 PM TO 5:00 PM	25  NO SCHOOL NO PRACTICE	26  LEAVE FOR SIX FLAGS, NJ 3:30 PM	27  SIX FLAGS INVITE NJ 9:00 AM
28	29  PRACTICE 3:00 PM TO 4:45 PM	30  4 <sup>TH</sup> LEAGUE MEET @ MOHONASEN 4:15 PM START	31  PRACTICE 3:00 PM TO 5:00 PM	32  PRACTICE 3:00 PM TO 5:00 PM	33  PRACTICE 3:00 PM TO 5:00 PM	34  GROUT INVITE 9:00 AM