

# Cross-Country Practice and Meet Calendar

September/October 2023 —Sign up on FinalForms Parent Playbook. Salk’s page – Activities - Sports

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Monday	Tuesday	Wednesday	Thursday	Friday
4 NO PRACTICE	5 FIRST DAY OF PRACTICE, dress down, must have physical, 3:40-5:15	6 Practice 3:40-5:15	7 Practice 3:40-5:15	8 No practice <i>Weekend Challenge: Run 2 miles all at once or over 2 days</i>
11 Practice 3:40-5:15	12 Practice 3:40-5:15	13 Practice 3:40-5:15	14 Practice 3:40-5:15	15 No practice <i>Weekend Challenge: Run 2 miles straight Grade Check</i>
18 Practice 3:40-5:15 <i>Uniform distribution and pictures</i>	19 <b>Audubon Park –</b> 4:15pm, Salk hosts (all races 1 mi) 8G, 8B, 7G, 7B, 6G, 6B	20 Practice 3:40-5:15	21 Practice 3:40-5:15	22 No practice <i>Weekend Challenge: Run Audubon Park (hills!)</i>
25 Practice 3:40-5:15	26 <b>Franklin Park –</b> 4:15pm 8G, 8B, 7G, 7B, 6G, 6B	27 Practice 3:40-5:15	28 <b>Chase MS –</b> 4:15pm 3:15 early out 6G, 6B, 7G, 7B, 8G, 8B	29 No practice <i>Weekend Challenge: Sprint 1 min, jog 1 min repeat 5x, run 1 mile</i>
October 2 Practice 3:40-5:15	3 <b>Audubon Park –</b> 4:15pm 6G, 6B, 7G, 7B, 8G, 8B	4 Practice 3:40-5:15 <i>Grade Check</i>	5 <b>Franklin Park –</b> 4:15pm 6G, 6B, 7G, 7B, 8G, 8B	6 No practice <i>Weekend Challenge: Run a 5k (3.1 mi.)</i>
9 <b>Salk Family Meet-</b> 4:15p <i>Families invited to run 1 mile w/their athlete @Salk or come watch!</i>	10 Practice 3:40-5:00 (everyone goes to All-City) <i>Grade check</i>	11 <b>ALL-CITY Franklin Park</b> 4:15pm (6G, 6B, 7G, 7B, 8G, 8B)	12 No practice	13 No practice
16	17	18 Awards Morning – Certificates/ awards @8:30am in Rm 257 Bring washed uniforms	19	20 <b>Uniforms fines submitted!</b> ~\$35 per article of clothing fine

- We will start ALL races at 4:15pm or 15 minutes after the last bus arrives.
- If you are able, please provide a snack for your athlete to eat before the race.
- You may take your athlete from the meet. Please remember to sign out your athlete. We encourage athletes to stay and cheer on their teammates if you are able. **Only parents/guardians may sign out their athletes.**
- There will be an activity bus to take athletes home after the meet if there is no one available to pick up.
- Race times will be posted outside Coach’s room, or your athlete may check times at the next practice. Nothing is posted online.

Get text message reminders here: [www.remind.com/classes/a92ea9c](http://www.remind.com/classes/a92ea9c) or text @kd7bhb to 81010

(updated 8/29)