

SALINE CROSS COUNTRY

SUMMER EVENTS & COMPETITION SCHEDULE 2009

Updated **November 1, 2008**

Practice is Mandatory Beginning Wednesday, August 12, 2009

- Jun. 11 Summer Conditioning Begins (See Website for Times & Locations)
- Jun. 16 – 22 Senior Leadership Trip
- Jun. 27 Joe Barton Scholarship Golf Outing

- Jul. 3 - 10 MHSAA Dead Week – No Conditioning
- Jul. 20 – 23 Saline Cross Country Team Camp

- Aug. 1 Alumni Run
- Aug. 10 Team Meeting 7:00pm - Nearly Mandatory
- Aug. 12 **First Day of Mandatory Practice - 8:30am**
- Aug. 12 Parent Info Meeting 7:00pm - Optional
- Aug. 13 Team Night @ Tortoise & Hare – Optional
- Aug. 21 3 Mile Time Trial (Tentative)
- Aug. 24 Run-A-Thon & Picnic – Athletes arrive at 5PM, Workout @ 5:30 (Tentative)
- Aug. 27 South Lyon East Invite (Tentative)

- Sep. 12 Bath Invite (Tentative)
- Sep. 15 S.E.C. Jamboree #1
- Sep. 18 Spartan Invite
- Sep. 25 Jackson Invite (Varsity B & Reserve)
- Sep. 26 Jackson Invite (Varsity A)

- Oct. 3 Centerline Invite (Varsity B & Reserve)
- Oct. 6 S.E.C. Jamboree #2
- Oct. 10 Portage Invite (Varsity A & Varsity B)
- Oct. 17 Gabriel Richard Invite (@ Hudson Mills)
- Oct. 22 S.E.C. Jamboree #3 (@ Hudson Mills)
- Oct. 31 Regional Meet (Varsity A, B, & C)

- Nov. 7 State Meet (Varsity A)
- Nov. 15 Team Banquet 3:00pm @ H.S. Commons & Auditorium (Tentative)

While exceptions for attendance are made for athletes that miss practice because of family vacations, please keep this schedule in mind while planning for August of 2009.