

Saline Cross Country

2009/2010 Events Schedule

Updated November 13, 2009

Nov. 18	Winter Conditioning Meeting – 3:00 @ Varsity Team Rooms
Dec. 6	Indoor Track Begins
Jan. 21	Saline XC & Swimming vs. Pioneer – Pizza, body paint, signs, and hopefully a ruckus
Mar. 15	Track Begins
Jun. 21	Summer Conditioning Begins
Jul. 19-22	Saline XC Team Camp
Aug. 7	Alumni Run & Saline Summer Fest 5k Road Race
Aug. 11	First Day of Mandatory Practice
Aug. 11	Parent Info Meeting - 7:00pm @ HS Commons
Aug. 12	Team Night @ Tortoise & Hare - Optional
Aug. 20	3 Mile Time Trial
Aug. 23	Run-A-Thon & Picnic
Aug. 28	Invite – Tentative Date
Sep. 11	Bath Invite
Sep. 14	S.E.C. Jamboree #1 @ Adrian - Tentative
Sep. 17	Spartan Invite (Varsity A)
Sep. 18	New Boston Huron Invite (Varsity B & Reserve)
Sep. 24	Jackson Invite (Varsity B & Reserve)
Sep. 25	Jackson Invite (Varsity A)
Oct. 2	The Legends @ Huron Meadows
Oct. 5	SEC Jamboree #2 @ Pioneer - Tentative
Oct. 9	Portage Invite (Varsity A & Varsity B)
Oct. 16	Gabriel Richard Invite (@ Hudson Mills) - Tentative
Oct. 21	S.E.C. Jamboree #3 (@ Hudson Mills) - Tentative
Oct. 30	Regional Meet (Varsity)
Nov. 6	State Meet (Varsity)
Nov. 14	Team Banquet 3:00pm @ H.S. Commons & Auditorium - Tentative

A Summary of Team Rules – Complete Rules available under “Downloads” on the Team Website

- Athletes are expected to attend the August 9 team meeting and must turn in their forms there
- To join the team, an athlete must attend practice and submit completed forms on or before August 13
- Leniency regarding “start-date rules” may be allowed for students new to Saline, freshmen, and athletes cut from other sports
- If an athlete misses practice because of family vacation, it will be excused if the athlete meets the expectations explained in the full team rules document
- Official Mandatory Practice begins on August 11.
- The boys’ cross country team can have an unlimited number of athletes
- In order to be on the team, an athlete must run a two mile time trial in 15:30
- *All practices, team events, and competitions are mandatory*
- With one unexcused absence from practice, an athlete will complete 4 hours of administrative duty
- With one unexcused absence from competition or team event, an athlete will sit the next race