

McGREGOR HIGH SCHOOL

CROSS COUNTRY MONTHLY CALENDAR

August

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
30	<u>31</u>	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>
6	<u>7</u>	<u>8</u>	<u>9</u>	<u>10</u>	<u>11</u>	<u>12</u>
13	<u>14</u>	<u>15</u>	<u>16</u>	<u>17</u>	<u>18</u>	<u>19</u>
20	<u>21</u>	<u>22</u>	<u>23</u>	<u>24</u>	<u>25</u>	<u>26</u>
27	<u>28</u>	<u>29</u>	<u>30</u>	<u>31</u>	<u>1</u>	<u>2</u>



October

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>	<u>7</u>
8	<u>9</u>	<u>10</u>	<u>11</u>	<u>12</u>	<u>13</u>	<u>14</u>
15	<u>16</u>	<u>17</u>	<u>18</u>	<u>19</u>	<u>20</u>	<u>21</u>
22	<u>23</u>	<u>24</u>	<u>25</u>	<u>26</u>	<u>27</u>	<u>28</u>
29	<u>30</u>	<u>31</u>	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>

September

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
27	<u>28</u>	<u>29</u>	<u>30</u>	<u>31</u>	<u>1</u>	<u>2</u>
3	<u>4</u>	<u>5</u>	<u>6</u>	<u>7</u>	<u>8</u>	<u>9</u>
10	<u>11</u>	<u>12</u>	<u>13</u>	<u>14</u>	<u>15</u>	<u>16</u>
17	<u>18</u>	<u>19</u>	<u>20</u>	<u>21</u>	<u>22</u>	<u>23</u>
24	<u>25</u>	<u>26</u>	<u>27</u>	<u>28</u>	<u>29</u>	<u>30</u>

November

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
29	<u>30</u>	<u>31</u>	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>
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1st DAY OF PRACTICE JULY 28th

August 26th is Workout & Breakfast from 7-9 AM

PARENT MEETING AUGUST 8th -6:30PM

MEET THE BULLDOGS AUGUST 14th

MEET DAYS

PRACTICES UNDERLINED = 6-7:15 AM

SATURDAY PRACTICES = 7-8:30 AM

Workouts August 7, 8, and 11 6-7:40 AM
August 9th will be 6-8:40 with Troy and West at HOT Soccer Fields

Team picture day is August 8th after Parent Meeting

Sign up for SportsYou - Download the app and use this code: QB8EFVR4