

Donegal XC Practice Schedule 2021

August/Sept 2021 Varsity Practice Schedule

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
15 OFF	16 1st Official Varsity Practice @ 8 a.m.-10 a.m. Meet at the CC Tree	17 Varsity Practice @ 8 a.m.-10 a.m. Meet at the CC Tree	18 Varsity Practice @ 8 a.m.-10:15 a.m. Meet at the CC Tree Weight Room @ 9:30-10:15 am	19 Mandatory Athletics Workshop for Varsity and JH @ 3p.m. at HS Varsity Practice @ 4:15 -5:30 p.m. Meet at the CC Tree	20 Varsity Practice @ 3:30 -5:30 p.m. Meet at the CC Tree Weight Room @ 5:00-5:30 am	21 No Practice Run on own
22 OFF	23 Varsity Practice @ 3:30-5:30 Meet at Chickies Day Use Area	24 1st day of School Practice for all after School, 3:30-5:30	25 Practice after School, 3:30-5:30 Weight Room @ 5:00-5:30 am	26 Practice after School, 3:30-5:30	27 Practice after School, 3:30-5:30 Weight Room @ 5:00-5:30 am	28 No Practice Run on own
29 OFF	30 Practice after School, 3:30-5:30 Weight Room @ 5:00-5:30 am	31 Practice after School, 3:30-5:30	September 1 Practice after School, 3:30-5:30 Weight Room @ 5:00-5:30 am	Sept 2 Practice after School, 3:30-5:30	Sept 3 Practice @ 8 a.m.-10 a.m. Meet at the CC Tree	Sept 4 No Practice Run on own

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Sept 2021 Varsity Practice Schedule

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
5 OFF	6 Labor Day No Practice, Run on own	7 Meet #1 at Octorara	8 Practice after School, 3:30-5:00	9 Practice after School, 3:30-5:30	10 Practice after School, 3:30-5:30 Weight Room @ 5:00-5:30 am	11 Voluntary Practice at 8-9:45 am Meet at River Trail at RiverFront Park
12 OFF	13 Practice after School, 3:30-5:00	14 Meet #2 at LS	15 Practice after School, 3:30-5:00	16 Practice after School, 3:30-5:30 Weight Room @ 5:00-5:30 am	17 Practice after School, 3:30-5:00	18 HS Big Spring Invite, Bus Time: 8 a.m.
19 OFF	20 Practice after School, 3:30-5:00	21 Meet #3 at Home	22 Practice after School, 3:30-5:00	23 Practice after School, 3:30-5:30	24 No School Practice 3:30-5:30 Weight Room @ 5:00-5:30 am	25 Voluntary Practice at 8 a.m. Location TBA
26 OFF	27 Practice after School, 3:30-5:30 Weight Room @ 5:00-5:30 am	28 Practice after School, 3:30-5:00	29 Practice after School, 3:30-5:30 Weight Room @ 5:00-5:30 am	30 Practice after School, 3:30-5:00	October 1 Practice after School, 3:30-5:30 Weight Room @ 5:00-5:30 am	Oct 2 Voluntary Practice at 8 a.m. Location TBA

October 2021 HS Practice Schedule

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
3 OFF	4 Practice after School, 3:30-5:00	5 Meet #4 @ LMH	6 Practice after School, 3:30-5:00	7 Practice after School, 3:30-5:00	8 Practice after School, 3:30-5:00	9 Gettysburg Invite, Bus Time: 5:45 a.m.
10 OFF	11 No School No Practice	12 Meet #5 @ Home	13 Varsity Practice (Top 8 Only) after School, 3:30-5:00	14 Varsity Practice (Top 8 Only) after School, 3:30-5:00	15 Varsity Practice (Top 8 Only) after School, 3:30-5:30 Weight Room @ 5:00-5:30 am	16 Practice for Top 8 going to Leagues at Ephrata to preview Course, Time TBA
17 OFF	18 Varsity Practice (Top 8 Only) after School, 3:30-5:00	19 League Meet	20 Varsity Practice (Top 8 Running at Districts) after School, 3:30-5:00	21 Varsity Practice (Top 8 Running at Districts) after School, 3:30-5:00	22 Varsity Practice (Top 8 Running at Districts) after School, 3:30-5:30 Weight Room @ 5:00-5:30 am	23 Practice for Top 8 going to Districts, TBA
24 OFF	25 Varsity Practice (Top 8 Running at Districts) after School, 3:30-5:30 Weight Room @ 5:00-5:30 am	26 Varsity Practice (Top 8 Running at Districts) after School, 3:30-5:00	27 Varsity Practice (Top 8 Running at Districts) after School, 3:30-5:00	28 OFF	29 Varsity Practice (Top 8 Running at Districts) after School, 3:30-5:00	30 District 3 Championships at Big Spring HS