

# July 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10 Practice 5pm-7pm	11 Freshmen Club 2pm-4pm	12 Practice 5pm-7pm	13 Freshmen Club 2pm-4pm	14 Practice 5pm-7pm	15
16	17 Practice 5pm-7pm	18 Freshmen Club 2pm-4pm	19 Practice 5pm-7pm	20 Freshmen Club 2pm-4pm	21 Practice 5pm-7pm	22
	JHU XC Summer Camp					
23	24 Practice 5pm-7pm	25 Freshmen Club 2pm-4pm	26 Practice 5pm-7pm	27 Freshmen Club 2pm-4pm	28 Practice 5pm-7pm	29
30	31 Practice 3:30-5:30pm					

# August 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3 Burke Lake Practice 5-7pm	4	5
6	7 Tryouts 2-4pm	8 Tryouts 2-4pm	9 Tryouts 2-4pm	10 Burke Lake Tryouts 9-11am Scrimmage	11 Tryouts 8-10am	12
13	14 Teachers Return Practice 3:30-5:30pm	15 Practice 3:30-5:30pm Uniform Distribution	16 Practice 3:30-5:30pm Team Pictures	17 Burke Lake Practice 9-11am	18 XC Summer Camp Practice on your own	19 XC Summer Camp
20 XC Summer Camp	21 School Starts Practice 3:30-5:30pm	22 Practice 3:30-5:30pm	23 Practice 3:30-5:30pm	24 Practice 3:30-5:30pm	25 Practice 3:30-5:30pm	26
27	28 Practice 3:30-5:30pm	29 Practice 3:30-5:30pm	30 JV Meet @ Wakefield 5pm	31 Practice 3:30-5:30pm	** Practices are at M-F 3:30-5:30 unless otherwise noted.	

# September 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					No School Practice 9-11am	1 2 Hood College Invite @ Utica District Park
3	No School No Practice - Holiday	4 Practice 3:30-5:30pm	5 Practice 3:30-5:30pm	6 Practice 3:30-5:30pm	7 Practice 3:30-5:30pm	8 Practice 3:30-5:30pm
10	11 Practice 3:30-5:30pm	12 Practice 3:30-5:30pm	13 JV Meet @ Chiquapin 5pm	14 Practice 3:30-5:30pm	15 Practice 3:30-5:30pm	16 RVA Relays @ Pole Green Park @ 3pm
17	18 Practice 3:30-5:30pm	19 Meet @ Burke Lake 5pm	20 Practice 3:30-5:30pm	21 Practice 3:30-5:30pm	22 Practice 3:30-5:30pm	23 Outlands Invitational @ 8am
24	No School Practice 9-11am	25 Practice 3:30-5:30pm	26 Practice 3:30-5:30pm	27 JV Meet @ Wakefield 5pm - HOSTING	28 Practice 3:30-5:30pm	29 Practice 3:30-5:30pm
						30

# October 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Practice 3:30-5:30pm	3 Practice 3:30-5:30pm	4 Meet @ Burke Lake 4:30pm	5 Practice 3:30-5:30pm	6 Practice 3:30-5:30pm	7 Oktoberfest @ The Plains
8	9 Practice 3:30-5:30pm	10 Practice 3:30-5:30pm	11 JV Meet @ South Run 4:30pm	12 Practice 3:30-5:30pm	13 Practice 3:30-5:30pm	14 MileStat XC Invitational @ 8am
15	16 Practice 3:30-5:30pm	17 Practice 3:30-5:30pm	18 JV Meet @ Burke Lake 4:30pm - <b>CO-HOSTING</b>	19 Practice 3:30-5:30pm	20 Practice 3:30-5:30pm	21
22	23 Practice 3:30-5:30pm	24 Practice 3:30-5:30pm	25 Practice 3:30-5:30pm	26 Patriot Districts @ Burke Lake 2:30pm	27 Practice 3:30-5:30pm	28
29	30 Practice 3:30-5:30pm	31 Practice 3:30-5:30pm				

# November 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Practice 3:30-5:30pm	2 Occoquan Regionals @ Burke Lake 2:30pm	3	4
5	6	7	8	9	10	11 XC State Meet @ The Outlands
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

**\*\*Practices are at M-F 3:30-5:30 unless otherwise noted.**