

SOUTHERN MENS CROSS COUNTRY

June/July 2015

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
01 40	June 28	June 29 Practice 7-9am On the Track	June 30	July 1 Practice 7-9am On the Track	July 2	July 3 Practice 7-9am On the Track	July 4
02 46	July 5	July 6 Practice 7-9am On the Track	July 7	July 8 Practice 7-9am On the Track	July 9	July 10 Practice 7-9am On the Track	July 11
03 52	July 12	July 13 Practice 7-9am On the Track	July 14	July 15 Practice 7-9am On the Track	July 16	July 17 Practice 7-9am On the Track	July 18
04 *40	July 19	July 20 Practice 7-9am On the Track	July 21	July 22 Practice 7-9am On the Track	July 23	July 24 Practice 7-9am On the Track	July 25
05 52	July 26	July 27 Practice 7-9am On the Track	July 28	July 29 Practice 7-9am On the Track	July 30	July 31 Practice 7-9am On the Track	Aug 1

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SOUTHERN MENS CROSS COUNTRY

August/September 2015

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
06 58	Aug 2	Aug 3 Practice 7-9am On the Track	Aug 4	Aug 5 Practice 7-9am On the Track	Aug 6	Aug 7 Practice 7-9am On the Track	Aug 8
07 64	Aug 9	Aug 10 Practice 7-9am On the Track *Mandatory	Aug 11	Aug 12 Practice 7-9am On the Track *Mandatory	Aug 13	Aug 14 Practice 7-9am On the Track *Mandatory	Aug 15
08 *52	Aug 16	Aug 17 Practice 7-9am On the Track *Mandatory	Aug 18	Aug 19 Practice 7-9am On the Track *Mandatory	Aug 20	Aug 21 Practice 7-9am On the Track *Mandatory	Aug 22
09 64	Aug 23	Aug 24 Practice 7-9am On the Track *Mandatory	Aug 25	Aug 26 Practice 7-9am On the Track *Mandatory	Aug 27	Aug 28 Practice 7-9am On the Track *Mandatory	Aug 29
10 70	Aug 30	Aug 31 Practice 7-9am On the Track *Mandatory	Sept 1	Sept 2 Practice 7-9am On the Track *Mandatory	Sept 3	Sept 4 Practice 7-9am On the Track *Mandatory	Sept 5

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September/October 2015

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11 70	Sept 6	Sept 7 Practice 7-9am On the Track *Mandatory	Sept 8 1 st Day of School Practice 12-3 Team Room	Sept 9	Sept 10	Sept 11	Sept 12 MEET Cherokee Challenge Cherokee HS, NJ
12 *55	Sept 13	Sept 14	Sept 15	Sept 16	Sept 17	Sept 18 MEET Battle at OCP Ocean Country Park, NJ	Sept 19 Practice TBA
13 60	Sept 20	Sept 21	Sept 22	Sept 23	Sept 24	Sept 25 MEET Bowdoin Classic Wappinger Falls, NY *Only Top 14	Sept 26 MEET Bowdoin Classic Wappinger Falls, NY *Only Top 14
14 60	Sept 27	Sept 28	Sept 29	Sept 30	Oct 1	Oct 2	Oct 3 MEET Shore Coaches Holmdel Park, NJ **SATS**
15 50	Oct 4	Oct 5	Oct 6	Oct 7	Oct 8	Oct 9	Oct 10 MEET South Jersey Open Delsea HS, Delsea NJ

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October/November 2015

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
16 60	Oct 11	Oct 12	Oct 13	Oct 14 **PSATs**	Oct 15 MEET A-South Championships Ocean Country Park, NJ	Oct 16	Oct 17 Practice TBA
17 50	Oct 18	Oct 19	Oct 20	Oct 21	Oct 22 MEET Ocean County Championships Ocean Country Park, NJ	Oct 23	Oct 24 **ACTs**
18 60	Oct 25	Oct 26	Oct 27	Oct 28	Oct 29 MEET Shore Conference Ocean Country Park, NJ	Oct 30	Oct 31
19 50	Nov 1	Nov 2	Nov 3	Nov 4	Nov 5	Nov 6	Nov 7 MEET NJSIAA SJ IV Delsea HS, NJ *Top 12 (7 compete) **SATs**
45	Nov 8	Nov 9	Nov 10	Nov 11	Nov 12	Nov 12	Nov 14 MEET NJSIAA Group IV Holmdel Park, NJ *Top 12 (7 compete)

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November/December 2015

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
21 45	Nov 15	Nov 16	Nov 17	Nov 18	Nov 19	Nov 20	Nov 21 MEET NJSIAA MOC Holmdel Park, NJ *Top 12 (7 compete)
22 40	Nov 22	Nov 23	Nov 24	Nov 25	Nov 26 THANKSGIVING	Nov 27	Nov 28 MEET NXN REGIONALS Wappinger Falls, NY *Only Top 7 (If qualify)
23 40	Nov 29 First Day of Winter Track	Nov 30	Dec 1	Dec 2	Dec 3	Dec 4	Dec 5 MEET NXN Nationals OREGON *Only Top 7 (If qualify) **SATS**
	Dec 6	Dec 7	Dec 8	Dec 9	Dec 10	Dec 11	Dec 12 **ACTS**
	Dec 13	Dec 14	Dec 15	Dec 16 Practice TBA	Dec 17	Dec 18	Dec 19

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