

## 2015 Cross Country Schedule

*revised 8/2/2015*

<b>DATE</b>	<b>MEET</b>	<b>PLACE</b>
Wednesday, May 6	Team call out : summer conditioning program	ST. PAUL'S SCHOOL, 3:30, Room 116
Saturday, May 9, 2015	FREE Physicals	at SPS (required for summer training)
Tuesday, June 16	Season Kickoff/ Team Family Barbecue	6:00 at the Wolf Dome/ RSVP by June 12
Tues, Wed, Thurs	Summer Weekly team conditioning	Tues: Abbey; Wed: Abbey; Thurs: Varsity Sports Mandeville
Tuesday, July 14	Camp Planning Meeting/ Family Barbecue	At Tom & Sue Lavin's, 117 Riverdale Drive, Covington
Saturday, July 25-Thursday, July 30	Team Camp of Champions XX	Fontainebleau State Park Group Camp 1 (reserved)
Thursday, August 6	Begin regular practice, Mon-Fri, 3:30-5:30	Homeside of track; parent pick up at 14th Street gate
<b>Wednesday, August 26</b>	<b>Time Trials &amp; Meet the Team</b>	<b>5:30 Meet the Team in Cafeteria/ Pizza Feast</b>
June 13, Sept. 12, Oct. 24, Dec. 12, 2015 & Feb. 6, April 9, June 11, 2016	<b>ACT &amp; SAT test dates</b>	Please plan ahead; schedule testing early when we DON'T have a meet!
Tuesday, September 1	John Curtis Season Opener eligible runners check out at 2:15	City Park, New Orleans
Saturday, September 12	Episcopal High Round Table meet @ SPS @ 5:30 AM	<i>Highland Road Park, BR, LA</i>
Saturday, September 19	Christian Brothers Invitational, hosted by SPS meet @ SPS @ 5:30 AM	<i>Moneyhill Plantation Nature Trails, Abita Springs</i>
Saturday, September 26	Gulf Coast Stampede, Pensacola, FL, 9th-12th, Overnight in Florida	<i>depart from school Friday afternoon-return Saturday evening</i>
Friday, October 2	PICTURE DAY.... TEAM AND INDIVIDUAL	<i>Lisa Jackson (form will be posted to Edline page)</i>
Saturday, October 3	St. Joseph High Invitational meet @ SPS @ 5:30 AM	<i>Highland Road Park, BR, LA</i>
Saturday, October 10	Miss. College/Watson Ford Invitational meet @ SPS at 5:30 AM	<i>Choctaw Trails, Clinton, MS</i>
Saturday, October 17	Walker Shoot Out meet @ SPS @ 5:30 AM	<i>Walker, LA</i>
Saturday, October 31	District Meet (Varsity & JV)	<i>hosted by St. Paul's School, Money Hill Nature Trails</i>
Saturday, November 7	Metro Championships (Top 7 only) @ SPS @ 5:30 AM meet	<i>City Park, New Orleans, LA</i>
<b>Mon-Tues, November 16-17 (HIE reserved)</b>	State Meet (Varsity) 5A Boys Tuesday, November 18	<b>NORTHWESTERN STATE UNIVERSITY, NATCHITOCHE, LA</b>
<b>Saturday, December 5, 2015</b>	<b>ST.PAUL'S CC CHRISTMAS 5K</b> <i>(Fan Club, Jr Hi, JV, V)</i>	<b>ST. PAUL'S SCHOOL, 6:00A.M.-10:30 A.M.</b> <i>(Homeside Concession &amp; finish line area)</i>
<b>Monday, December 7, 2015</b>	<b>CROSS COUNTRY AWARDS BANQUET</b>	<i>Benedict's, Mandeville (set up 5:30, seated @ 6:00, buffet @ 6:15)</i>
Monday, July 25- Thursday, July 28, 2016	Camp of Champions XXI @ F'bleau State Park	10 mile run Mon night; family night Wed night; depart Thurs