

## 2018 Cross Country Schedule

**Third Draft 8/5/2018**

DATE	MEET	PLACE
Tuesday, May 15	Team call out : summer conditioning program	ST. PAUL'S SCHOOL,3:30, Room 115
Tuesday, June 19	Season Kickoff/ Team Family Barbecue	6:00, SPS Wolf Dome
Tues, Wed, Thurs	Summer Weekly team conditioning	Tues: Abbey; Wed: Varsity Sports Mandeville; Thurs: Abbey
July 8-13	Gulf States Distance Running Camp, Abbey	team runs vary
19-Jul	Mid-summer 2 Mile Time Trial	Hubie Gallagher Park, 6:00
<del>Monday, July 23-</del> <b>Thursday, July 26</b>	<b>Team Camp of Champions XXIII</b>	<b>10 mile run Mon night; family night Wed night; depart Thurs morning (approx. \$190.00 per runner) Solomon Episcopal Conference Center, Husser</b>
Wednesday, July 25	Family Night at SECC; RSVP by 7/18	6:30
July 30, August 1,2,	6:00 team runs at ABBEY/ Hubie Gallagher Park	
Friday, August 10	Begin regular practice, Mon-Fri, 3:30-5:30	Homeside of track; parent pick up at new gym
Friday, August 10	Final call out meeting for 2018 season (new runners only)	LUNCH meeting, Bemilde room 201 (Coach Moore's new classroom)
Friday, August 17	LAST DAY to join the team for 2018 season	
<b>Thursday, August 30</b>	<b>Time Trials &amp; Meet the Team</b>	<b>4:30 Time Trials on the Homeside track 5:30 Meet the Team in Cafeteria/ Pizza Feast</b>
Fri, August 31- Mon, Sept 3	No team practice	bc school holiday & Labor Day
TBD	PICTURE DAY.... Team & individual	<i>Lisa Jackson (form will be posted to Edline page)</i>
Friday, September 7	Pre-Meet practice & Chapel ( then every Friday before a meet)	
Saturday, September 8	Episcopal High Round Table meet @ SPS @ 5:40 AM to board bus	<i>Highland Road Park, BR, LA</i>
Saturday, September 15	Christian Brothers Invitational, hosted by SPS meet @ SPS @ 5:30 AM	<i>Moneyhill Plantation Nature Trails, Abita Springs</i>
Saturday, September 22	TBD	TBD
Saturday, September 29	St. Joseph High Invitational @ SPS @ 5:30 AM	<i>Highland Road Park, BR, LA</i>
Saturday, October 6	Catholic High Invitational at SPS at 5:30	<i>Highland Road Park, BR, LA</i>
Saturday, October 13	All State/Varsity Sports Classic	<i>City Park, New Orleans Course</i>
TBD	District Meet (Varsity & JV)	<i>hosted by Northshore</i>
Saturday, November 3	Regional Championships (Top 7 only) meet @ SPS @ 7:00 AM	<i>Highland Road Park, BR, LA</i>
Mon-Tues, November 12-13, 2018 (HIE reserved)	State Meet (Varsity) 5A Boys Tuesday, November 13	<i>NORTHWESTERN STATE UNIVERSITY, NATCHITOCHES,LA</i>
<b>Saturday, December 1, 2018</b>	<b>ST.PAUL'S CC CHRISTMAS 5K Club, Jr Hi, JV, V)</b>	<b>(Fan ST. PAUL'S SCHOOL, 6:00A.M.-10:30 A.M. Concession &amp; finish line area)</b> <b>(Homeside</b>
Monday, December 3, 2018	CROSS COUNTRY AWARDS BANQUET	<i>Benedict's, Mandeville (set up 5:30, seated @ 6:00, buffet @ 6:15)</i>