

<b>2019 Cross Country Schedule</b>		<b>third draft 6-14-2019</b>
<b>DATE</b>	<b>MEET</b>	<b>PLACE</b>
Friday, May 10	Team call out : summer conditioning program	ST. PAUL'S SCHOOL, 3:30, Room 116
Tuesday, June 18	Season Kickoff/ Team Run/ Family Pizza Feast	6:00 SPS Cafeteria; Potluck fruit, water, snacks
Tues, Wed, Thurs	Summer Weekly team conditioning	Tues: Abbey; Wed: 15th Wtreet (Hubie Gallagher Park); Thurs: Abbey
	Team Service Project @Money Hill Plantation	TBD (Coach Moore)
Wed, July 17	Mid-summer 2 Mile Time Trial	6:00, Hubie Gallagher Park, 15th Street, Covington
Thursday, July 18	Camp Invitation day (all practice; camp for 9th-12th only)	6:00, Abbey (See Coach for camp attendance requirements)
<b>Monday, July 29- Thursday, August 1</b>	<b>Team Camp of Champions XXIII Episcopal Conference Center, Husser</b>	<b>Solomon</b> <b>10 mile run Mon night; family night Wed night; depart Thurs morning (\$200.00 per runner) 9th-12th graders only by invitation</b>
Wednesday, July 31	Family Night at SECC; RSVP by 7/18	6:30
August 6,7,8	Team practice, 6:00	Tues: Abbey; Wed: 15th Wtreet (Hubie Gallagher Park); Thurs: Abbey
Monday, August 12	Begin regular practice, Mon-Fri, 3:30-5:30	Homeside of track; parent pick up at new gym
Wednesday, August 14	Final call out meeting for 2019 season	LUNCH meeting
Friday, August 16	LAST DAY to join the team for 2019 season	
<b>Thursday, August 29</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 30- Mon, Sept 2	No team practice	bc school holiday & Labor Day
Friday, September 13	Pre-Meet practice & Chapel	
Saturday, September 14	Episcopal High Round Table meet @ SPS @ 5:40 AM to board bus	Highland Road Park, BR, LA
Saturday, September 21	Holy-Cross-Dominican Invitational meet at SPS at 5:40 for bus	City Park, New Orleans Course
Saturday, September 28	Christian Brothers Invitational, hosted by SPS meet @ SPS @ 5:30 AM	Moneyhill Plantation Nature Trails, Abita Springs
Saturday, October 5	St. Joseph High Invitational meet @ SPS @ 5:30 AM	Highland Road Park, BR, LA
Saturday, October 12	Catholic High Invitational meet at SPS at 5:30	Highland Road Park, BR, LA
Saturday, October 19	Allstate Sugar Bowl Classic Meet meet@ SPS @ 5:40 for bus	City Park, New Orleans Course
TBD (probably Saturday, October 26)	District Meet (Varsity & JV only)	hosted by Ponchatoula who will pick the date
Saturday, November 2	Regional Championships (Top 7 only) meet @ SPS @ 7:00 AM	Highland Road Park, BR, LA
Saturday, November 2	St. Michael Warrior Run (JV) Meet at SPS @ 7:00	Highland Road Park, BR, LA
Mon-Tues, November 18-19, 2019	State Meet (Varsity) 5A Boys Tuesday, November 13	NORTHWESTERN STATE UNIVERSITY, NATCHITOCHE, LA
Monday, Nov 25- Fri , Nov 29	Thanksgiving holidays	
<b>Saturday, December 7, 2019</b>	<b>ST. PAUL'S CC CHRISTMAS 5K Club, Jr Hi, JV, V)</b>	<b>(Fan</b> <b>ST. PAUL'S SCHOOL, 6:00A.M.-10:30 A.M. (Homeside Concession &amp; finish line area)</b>
Monday, December 9, 2019	CROSS COUNTRY AWARDS BANQUET	Benedict's, Mandeville (set up 5:30, seated @ 6:00, buffet @ 6:15)