

2019 SLUH XC Daily Practice & Meet Schedule

Notes:

- By rule, all current physicals must be uploaded into an online system called Privit before the SLUH Medical Office will clear a student-athlete to practice
- Parents must communicate any request for an excused absence for their son from any practice or meet to Coach Porter. He will determine if the request meets the criteria for an excused absence.
- Unless at an approved doctor appointment, injured or recovering athletes are required to attend all practices and meets.
- The team Twitter (@sluhxctrack) will post updates to this schedule, as needed. (<https://twitter.com/sluhxctrack>)
- Once a JV/C athlete not named to the State Travel Team has completed his competition schedule on 10/30, he does not need to attend further practices unless he is participating in NXN.

WEEK 1

Mon 8/12: *First practice*, 8:00 am
Tu 8/13: 8:00 am
Wed 8/14: *Faculty In-Service*, 3:00pm
Th 8/15: *Faculty In-Service*, 3:00pm
Fri 8/16: *Faculty In-Service*, 3:00pm
Sat 8/17: **ALUMNI RACE (ALL)** - Meet 8:30am at SLUH Track, 10:00am race, BBQ at SLUH until 12:00 pm

WEEK 2

Mon 8/19: *Class Meetings*, 3:00 pm
Tu 8/20: *First Day of Class*, 3:15pm
Wed 8/21: 3:15 pm
Th 8/22: 3:15 pm
Fri 8/23: 3:15 pm
Sat 8/24: 8:00 am

WEEK 3

Mon 8/26: 3:15 pm
Tu 8/27: 3:15 pm
Wed 8/28: 3:15 pm
Th 8/29: 3:15 pm
Fri 8/30: 3:15 pm
Sat 8/31: 8:00 am

WEEK 4

Mon 9/2: *Labor Day*, 8:00 am
Tu 9/3: 3:15 pm
Wed 9/4: **O'FALLON FUTURES INVITATIONAL (B/C)**, 3:15 pm practice for non-competitors
Th 9/5: 3:15 pm
Fri 9/6: 3:15 pm
Sat 9/7: **GRANITE CITY INVITATIONAL (V/JV/C)**

WEEK 5

Mon 9/9: 3:15pm
Tu 9/10: 3:15 pm
Wed 9/11: 3:15 pm
Th 9/12: 3:15 pm
Fri 9/13: 3:15 pm
Sat 9/14: **FOREST PARK XC FESTIVAL (V/JV/C)**

WEEK 6

Mon 9/16: 3:15 pm
Tu 9/17: 3:15 pm
Wed 9/18: 3:15 pm
Th 9/19: 3:15 pm
Fri 9/20: *Faculty In-Service*, 3:00pm
Sat 9/21: **PAUL ENKE INVITATIONAL (V2/JV/C)**

WEEK 7

Mon 9/23: 3:15 pm
Tu 9/24: 3:15 pm
Wed 9/25: 3:15 pm
Th 9/26: 3:15 pm
Fri 9/27: **ED WHITE INVITE (V2/JV/C)**
Sat 9/28: 8:00 am practice for non-Palatine group **PALATINE INVITE (V/JV)**

WEEK 8

Mon 9/30: 3:15 pm
Tu 10/1: 3:15 pm
Wed 10/2: 3:15 pm
Th 10/3: 3:15 pm
Fri 10/4: 3:15 pm
Sat 10/5: **PARKWAY WEST INVITATIONAL (V/JV/C)**

WEEK 9

Mon 10/7: 3:15 pm
Tu 10/8: 3:15 pm
Wed 10/9: 3:15 pm
Th 10/10: **MCC CHAMPIONSHIPS (V/JV/C)**
Fri, 10/11: 3:15 pm
Sat 10/12: 8:00 am

WEEK 10

Mon 10/14: *Exam Day: Practice after 3rd exam period (1:45pm)*
Tu 10/15: *Exam Day: Practice after 3rd exam period (1:45pm)*
Wed 10/16: *Standardized Testing for So & Jr, Practice for all at 12:30pm.*
Th 10/17: *Exam Day: Practice after 3rd exam period (1:45pm)*
Fri 10/18: *No School, 8:00 am*

Sat 10/19: **BORGIA INVITATIONAL (V2/JV/C)**, 8:00 am varsity practice at SLUH

WEEK 11

Mon 10/21: 3:15pm
Tu 10/22: 3:15pm
Wed 10/23: 3:15pm
Th 10/24: *Half Day: 12:30 pm practice*
Fri 10/25: 3:15pm; **CLAYTON INVITATIONAL** (seniors not racing at Districts)
Sat 10/26: **DISTRICT CHAMPIONSHIP (V)**, Practice for non-racers at the meet

WEEK 12

Mon 10/28: 3:15 pm
Tu 10/29: 3:15 pm
Wed 10/30: **FINDLEY INVITATIONAL (JV/C)**, 3:15 pm for non-racers
Th 10/31: 3:15pm
Fri 11/1: 3:15 pm
Sat 11/2: **SECTIONAL CHAMPIONSHIP (V)**, all non-competitors encouraged to attend
Sun 11/3: *SLUH OPEN HOUSE. Volunteers are needed for the XC table.*

WEEK 13

Mon 11/4: *Faculty In-Service*, 3:00 pm
Tu 11/5: 3:15 pm
Wed 11/6: 3:15 pm
Th 11/7: 3:15 pm
Fri 11/8: *Varsity departs for state in the am. Practice at the course*
Sat 11/9: **STATE CHAMPIONSHIP (V)**, All team members encouraged to attend

