

August 2022

Highlights for August

THERE WILL BE A CAR WASH ON SATURDAY, JULY 16

COLONNADE SHELL, 8 AM – 1 PM

MON	TUE	WED	THU	FRI	SAT	SUN
1	2	3	4	5	6	7
1 st Day of Practice 7 – 9 AM CVHS Track	7 – 9 AM CVHS Track 2-Mile Time Trial	7 – 9 AM CVHS Track	7 – 9 AM CVHS Track **Freshmen Orientation 9 AM	9 – 11 AM Burke Lake Park Marina Parking Lot		
8	9	10	11	12	13	14
9 – 11 AM Burke Lake Park Ice Cream Parlor Parking Lot	7 – 9 AM CVHS Track	7 – 9 AM CVHS Track	7 – 9 AM CVHS Track	7 – 9 AM CVHS Track	Car Wash Colonnade Shell 8 AM – 1PM	
15	16	17	18	19	20	21
3:30 – 5 PM Burke Lake Park Ice Cream Parlor Parking Lot	3:30 – 5:30 PM CVHS Track	7 – 9 AM Burke Lake Park Ice Cream Parlor Parking Lot 2-MILE SCRIMMAGE VS. ROBINSON	3:30 – 5:30 PM CVHS Track	5:30 – 10 PM CVHS Track & Cafeteria RUNATHON		
22	23	24	25	26	27	28
1 st Day of School 3:30 – 5:30 PM CVHS Track	3:30 – 5:30 PM CVHS Track	3:30 – 5:30 PM CVHS Track	3:30 – 5:30 PM CVHS Track	3:30 – 5:30 PM CVHS Track		
29	30	31				
3:30 – 5:30 PM CVHS Track	3:30 – 5:30 PM CVHS Track	3:30 – 5:30 PM CVHS Track				

Highlights for September

September 2022

MON	TUE	WED	THU	FRI	SAT	SUN
			1	2	3	4
			3:30 – 5:30 PM CVHS Track	3:30 – 5:30 PM CVHS Track Possible Scrimmage w/Chantilly @ Braddock Park in AM		
5	6	7	8	9	10	11
Labor Day No Practice	3:30 – 5:30 PM CVHS Track	3:30 – 5:30 PM CVHS Track	3:30 – 5:30 PM CVHS Track	3:30 – 5:30 PM CVHS Track	Monroe Parker Burke Lake 8AM	
12	13	14	15	16	17	18
3:30 – 5:30 PM CVHS Track	3:30 – 5:30 PM CVHS Track	3:30 – 5:30 PM CVHS Track	Concorde Meet #1 Lake Fairfax 4 PM	3:30 – 5:30 PM CVHS Track	Braddock Relays LBSS 5:30 PM	
19	20	21	22	23	24	25
3:30 – 5:30 PM CVHS Track	3:30 – 5:30 PM CVHS Track	Concorde Meet #2 Lake Fairfax 4 PM	3:30 – 5:30 PM CVHS Track	3:30 – 5:30 PM CVHS Track	Oatlands Invitational Leesburg 8 AM	
26	27	28	29	30		
3:30 – 5:30 PM CVHS Track	3:30 – 5:30 PM CVHS Track	3:30 – 5:30 PM CVHS Track	Concorde Meet #3 Burke Lake Park 4 PM	3:30 – 5:30 PM CVHS Track		

Highlights for October

October 2022

MON	TUE	WED	THU	FRI	SAT	SUN
					1 Octoberfest Invitational Great Meadow 8 AM	2
3 3:30 – 5:30 PM CVHS Track	4 3:30 – 5:30 PM CVHS Track	5 3:30 – 5:30 PM CVHS Track	6 Concorde Meet RAIN DATE Lake Fairfax 4 PM	7 3:30 – 5:30 PM CVHS Track	8	9
10 Columbus Day Practice TBD	11 Concorde Meet #4 Burke Lake Park 4 PM	12 3:30 – 5:30 PM CVHS Track	13 3:30 – 5:30 PM CVHS Track	14 Depart for Milestat Invitational (Departure Time TBD) Practice on the course	15 Milestat Invitational Pole Green Park (Richmond) 8 AM	16
17 3:30 – 5:30 PM CVHS Track	18 3:30 – 5:30 PM CVHS Track	19 FCPS JV Invite Burke Lake Park 3:30 PM	20 3:30 – 5:30 PM CVHS Track	21 3:30 – 5:30 PM CVHS Track	22	23
24 3:30 – 5:30 PM CVHS Track	25 3:30 – 5:30 PM CVHS Track	26 3:30 – 5:30 PM CVHS Track	27 Concorde District Championship Burke Lake Park Time TBD	28 3:30 – 5:30 PM CVHS Track	29	30
31 3:30 – 5:30 PM CVHS Track						

November 2022

Highlights for November

MON	TUE	WED	THU	FRI	SAT	SUN
	1	2	3	4	5	6
	3:30 – 5:30 PM CVHS Track	3:30 – 5:30 PM CVHS Track	Northern Region Championship Burke Lake Park 2:30 PM	3:30 – 5:30 PM CVHS Track		
7	8	9	10	11	12	13
3:30 – 5:30 PM CVHS Track	3:30 – 5:30 PM CVHS Track	3:30 – 5:30 PM CVHS Track	3:30 – 5:30 PM CVHS Track	3:30 – 5:30 PM CVHS Track	VHSL 6A State Champs Oatlands Time TBD	
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				