

2016 Cross Country Practice/Meet Schedule

Date	Day	Event Time	Scheduled Event	Bus Leaves	Location	For Whom
30-Jul	Sat	11:00 AM	Introductory Meeting	n/a	CHS Cafeteria	ALL
1-Aug	Mon	5:53 AM	Practice (Meet @ CHS)	6:13 AM	Burke Lake	ALL
2-Aug	Tues	7:13 AM	Tryouts (Meet @ CHS)	7:33 AM	Burke Lake	ALL
3-Aug	Wed	7:13 AM	Practice (Meet @ Manassas Battlefield)	n/a	Manassas Battlefield	ALL
3-Aug	Wed	7:30 PM	Potomac River Running- Shoe Night	n/a	Fairfax Corner	ALL
4-Aug	Thurs	7:13 AM	Practice (Meet @ CHS)	7:33 AM	Burke Lake	ALL
5-Aug	Fri	6:23 AM	Practice (Meet @ CHS)	n/a	CHS	ALL
5-Aug	Fri	5:53 AM	LAST DAY TO JOIN TEAM	n/a	n/a	ALL
5-Aug	Fri	n/a	FINAL DEADLINE FOR SPIRIT PACK FORMS	n/a	n/a	ALL
6-Aug	Sat	7:13 AM	Practice (Meet @ Manassas Battlefield)	n/a	Manassas Battlefield	ALL
8-Aug	Mon	5:53 AM	Practice (Meet @ CHS)	6:13 AM	Burke Lake	ALL
9-Aug	Tues	7:13 AM	Practice (Meet @ Manassas Battlefield)	n/a	Manassas Battlefield	ALL
10-Aug	Wed	6:23 AM	Practice (Meet @ CHS)	n/a	CHS	ALL
11-Aug	Thurs	5:53 AM	Practice (Meet @ CHS)	6:13 AM	Burke Lake	ALL
12-Aug	Fri	6:23 AM	Practice (Meet @ CHS)	n/a	CHS	ALL
13-Aug	Sat	7:13 AM	Practice (Meet @ Manassas Battlefield)	n/a	Manassas Battlefield	ALL
15-Aug	Mon	7:13 AM	Practice (Meet @ CHS)	7:33 AM	Burke Lake	ALL
16-Aug	Tues	6:23 AM	Practice (Meet @ CHS)	n/a	CHS	ALL
16-Aug	Tues	8:30 AM	Alumni Panel Discussion (Required)	n/a	CHS	ALL
17-Aug	Wed	6:23 AM	Practice (Meet @ CHS)	n/a	CHS	ALL
17-Aug	Wed	7:00 PM	Fall Athletics Parents Meeting	n/a	CHS Auditorium	Parents
18-Aug	Thurs	5:53 AM	Practice (Meet @ CHS)	6:13 AM	Burke Lake	ALL
19-Aug	Fri	7:13 AM	Scrim vs. Robinson & Lee	7:33 AM	Burke Lake	ALL
20-Aug	Sat	6:23 AM	Practice (Meet @ CHS)	n/a	CHS	ALL
20-Aug	Sat	9:30 AM	Team Pictures/Field Day	n/a	CHS	ALL
22-Aug	Mon	11:30 AM	Depart for Lost River	11:30 AM	CHS	Campers
25-Aug	Thurs	1:00 PM	Return from Lost River	10:30 AM	CHS	Campers
26-Aug	Fri	7:13 AM	Practice (Meet @ Walney Pond)	n/a	E.C. Lawrence Park	ALL
29-Aug	Mon	5:53 AM	Practice (Meet @ CHS)	n/a	CHS	ALL
30-Aug	Tues	5:53 AM	Practice (Meet @ CHS)	n/a	CHS	ALL
31-Aug	Wed	5:53 AM	Practice (Meet @ CHS)	n/a	CHS	ALL
1-Sep	Thurs	6:23 AM	Practice (Meet @ CHS)	n/a	CHS	ALL
2-Sep	Fri	7:13 AM	Practice(Meet @ CHS)- 2nd Time Trial	7:33 AM	Burke Lake	ALL
5-Sep	Mon	8:23 AM	Practice(Meet@Lees Corner)	n/a	Lees Corner Elementary	ALL
6-Sep	Tues	3:15 PM	First Day of School (Practice)	n/a	CHS Track	ALL
10-Sep	Sat	8:00 AM	Monroe Parker Invitational	5:33 AM	Burke Lake	All ***
17-Sep	Sat	9:00 AM	Oatlands Invitational	6:00 AM	Oatlands Plantation	TBA
21-Sep	Wed	4:30 PM	Concorde District Tri-Meet #1	3:15 PM	Lake Fairfax	ALL
27-Sep	Tues	4:30 PM	Concorde District Tri-Meet #2	3:15 PM	Lake Fairfax	ALL
30-Sep	Fri	5:30 PM	Team Dinner	n/a	CHS Cafeteria	ALL
1-Oct	Sat	9:00 AM	Octoberfest Invitational	6:00 AM	Great Meadow, The Plains, VA	TBA
8-Oct	Sat	10:00 AM	Glory Days Grill Invitaitonal	8:00 AM	Manassas	ALL
13-Oct	Thurs	4:30 PM	Concorde District Tri-Meet #3	3:15 PM	Burke Lake	ALL
15-Oct	Sat	9:00 AM	Third Battle Invitational	6:13 AM	Winchester, VA	ALL
18-Oct	Tues	4:15 (F/Sb)/ 4:45 (F/Sg)/5:15(J/Sb) / 5:45(J/Sg)	Dobson Double Dual Invitational	3:15 PM	Lake Fairfax	TBA
20-Oct	Thurs	5:30 PM	Team Dinner	n/a	CHS Cafeteria	ALL
22-Oct	Sat	8:00 AM	Practice (District Teams Only)	n/a	TBA	Varsity
26-Oct	Wed	3:30 (b), 4:00 (g)	Conference 5 Championships	1:00 PM	Burke Lake	Varsity
2-Nov	Wed	3:00(b), 3:40 (g)	6A North Regional Championships	1:00 PM	Burke Lake	Varsity
12-Nov	Sat	1:00 PM	VA 6A State Championships	TBA	Great Meadow, The Plains, VA	Varsity
26-Nov	Sat	TBA	Footlocker Southern Regionals	n/a	Charlotte, NC	TBA
1-Dec	Thurs	7:00 PM	Fall Athletic Awards	n/a	CHS Auditorium	ALL

Please set ALL of these dates aside right now. You are making a real commitment to this team. You are expected to make ALL functions at which you are expect to participate. All absences must be exused approved ahead of time by Coach G.