

Clawson Cross Country

August 2021

MON	TUE	WED	THU	FRI	SAT	SUN
2	3	4	5	6	7	8
9	10	11	12	13	14	15
First Day of Practice Practice 3:30-5:00	Practice 3:30-5:00	Practice 3:30-5:00	Practice 3:30-5:00 Weight Room	Practice 3:30-5:00	Off	Long Run 10:30 @ Eagles Landing
16	17	18	19	20	21	22
Practice 3:30-5:00 Weight Room	Practice 3:30-5:00 Smoothie Run	Off	Practice 3:30-5:00 Weight Room	Practice 3:30-5:00	Hill Work 9:00 @ Lamphere	Long Run 10:30 @ Rochester Municipal
23	24	25	26	27	28	29
Practice 3:30-5:00 Weight Room Team Dinner	Watermelon Invite @ Clawson Girls 5:00 Boys 5:40	Off	Practice 3:30-5:00 Weight Room	Footgolf @ Red Oaks 9:00-10:00	Hill Work 9:00 @ Normandy Oaks	Long Run 10:30 @ Yates
30	31					
First Day of School (1/2 day) Practice 12:30-2:00 Weight Room	Practice 3:30-5:00					

Clawson Cross Country

September 2021

MON	TUE	WED	THU	FRI	SAT	SUN
		1	2	3	4	5
		Off	Practice 3:30-5:00 Weight Room	Practice 9-10:30	Labor Day Weekend Run on your own	Labor Day Weekend Run on your own
6	7	8	9	10	11	12
Labor Day Run on your own	Practice 3:30-5:00	Off	Practice 3:30-5:00 Weight Room	Practice 3:30-5:00	Muskrat Invite @ Algonac	Long Run 10:30 @ Eagles Landing
13	14	15	16	17	18	19
Practice 3:30-5:00 Weight Room	MAC Blue Jamboree @ Marysville (HS only)	Off	MS Jamboree @ Clawson City Park (MS Only) Weight Room HS Only	Practice 3:30-5:00	Hill Work 9:00 @ Bloomer Park	Long Run 10:30 @ Rochester Municipal
20	21	22	23	24	25	26
Practice 3:30-5:00 Weight Room	Practice 3:30-5:00	Off	Practice 3:30-5:00 Weight Room	Waterford Mott Fall Classic @ Hess Hathaway Park	Easy Run 9:00 @ Clawson Park	Long Run 10:30 @ Yates
27	28	29	30			
Practice 3:30-5:00 Weight Room	MAC Blue Jamboree @ Lake St. Claire Metro Park (HS Only)	Off	Practice 3:30-5:00 Weight Room	Practice 3:30-5:00		

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October 2021

MON	TUE	WED	THU	FRI	SAT	SUN
				1	2	3
4	5	6	7	8	9	10
Practice 3:30-5:00 Weight Room	Practice 3:30-5:00 MAC Championship @ Lake St. Clair Metro Park (HS Only)	Off	Practice 3:30-5:00	Oakland County @ Kensington Metro Park (MS Only)	Oakland County @ Kensington Metro Park (HS Only)	Long Run 10:30 @ Eagles Landing
11	12	13	14	15	16	17
Practice 3:30-5:00 Weight Room	Practice 3:30-5:00	MS Championship Jamboree @ TBD (MS Only)	Practice 3:30-5:00	Oxford Invitational @ Oxford Hills (HS Only)	Eastside Invitational @ Freedom Hill (MS Only)	Long Run 10:30 @ Rochester Municipal
18	19	20	21	22	23	24
Practice 3:30-5:00 Weight Room	Practice 3:30-5:00	Off	Practice 3:30-5:00	Practice 3:30-5:00	Dakota Carnival of Races @ Dakota HS (MS Only)	Long Run 10:30 @ Yates
25	26	27	28	29	30	31
Practice 3:30-5:00	Practice 3:30-5:00	Pumpkin Invitational @ Lake Orion High School (MS Only)	Practice 3:30-5:00	Practice 3:30-5:00	Regional Championship @ Algonac (HS Only)	Long Run 10:30 @ Remote Location

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November 2021

MON	TUE	WED	THU	FRI	SAT	SUN
1 Practice 3:30-5:00	2 Practice 3:30-5:00	3 Off	4 Practice 3:30-5:00	5 Practice 3:30-5:00	6 State Meet (HS Only)	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					