


2022 CBNA XC AUGUST

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
14	15 Practice 3:00-5:00pm	16 Practice 3:00-5:00pm	17 Practice 3:00	18 Practice 3:00	19 Practice 3:00-5	20 Practice TBA
21 Off	22 Practice 3:00	23 Practice 3:00	24 Picture Day Practice 3:00	25 Practice 3:00	26 Practice 3:00pm Cookout @5:30pm	27 Practice TBA

SEPTEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8/28 off	8/29 Practice 3:00	8/30 Practice 3:00	8/31 Practice 3:00	1 Home #1 Bow	2 No school Practice 8:30	3 off
4 off	5 No Practice (no school) Run 40-50:00	6 Practice 3:00	7 Home #2 John Stark, MVHS, ST Thomas	8 Practice 3:00	9 Practice 3:00	10 Practice 8:30
11 	12 Practice 3:00	13 Practice 3:00	14 Practice 3:00	15 Practice 3:00	16 Practice 3:00	17 Homecoming! Lebanon/Souhegan/Bow/St Thomas 9:00AM
18 Run to Fall 5k	19 Practice 3:00	20 Practice 3:00	21 Practice 3:00	22 Practice 3:00	23 Practice 3:00	24 Manchester Invitational Bus @ 7:15am
25 Off	26 Practice 3:00	27 Practice 3:00	28 Practice 3:00	29 Practice 3:00	30 Practice 6:15am Deerfield Fair No school/TW	10/1 Black Bear Invitational

2022 CBNA XC OCTOBER/NOVEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 Off	3 Practice 3:00	4 Practice 3:00	5 Practice 3:00	6 Practice 3:00	7 Practice 3:00	8 Battle of the Border Bus @ TBA
9 Off	10 Practice 5:00pm (no school)	11 Practice 3:00	12 Practice 3:00	13 Practice 3:00	14 Practice 3:00	15 JV: Pelham Varsity: Twilight
16 Off	17 Practice 3:00	18 Practice 3:00	19 JV State Champ's @ CBNA	20 Practice 3:00	21 Practice 3:00	22 Varsity Practice Middle School State Champs @ CBNA
23 Off	24 Practice 3:00	25 Practice 3:00	26 Practice 3:00	27 Practice 3:00	28 Practice 3:00	29 Division II State Champs
30 Off	31 Practice 3:00	11/1 Practice 3:00	11/2 Practice 3:00	11/3 Practice 3:00	11/4 Practice TBA	11/5 Meet of Champions Bus @ 12:00
11/6 Off	11/7 Practice 3:00	11/8 Practice 3:00	11/9 Practice 3:00	11/10 Practice TBD No School	11/11 Practice TBA	11/12 NE's @ RI