

Wiss XC - August 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
	First day of practice 8AM WHS stadium	Practice 8AM – WHS stadium	Practice at Men-o-Lan – Meet at WHS 7:51 AM	Practice 8 AM – WHS stadium	Alumni Race – 6PM Be at WHS at 4:52PM	Practice at Men-o-Lan – Meet at WHS 7:51 AM
20	21	22	23	24	25	26
Long run	Practice 8AM – WHS stadium	Practice 3:30PM – WHS stadium	Practice 3:30PM – WHS stadium	Practice 3:30PM – WHS stadium	Freshmen Orientation NP @ NP – 3:45 PM	Rest day
27	28	29	30	31		
Long run	First Day of School Practice 3PM	Practice 3PM	Lower Moreland & GMA @ WHS			

NOTES

You must be in school by 8:30 AM to participate in practice/meets.

You will compete in EVERY meet unless you are injured.

Injured athletes will assist coaches and managers. Plan to attend all meets.

Bring every day:

Watch, running shoes, water bottle, bag

Girls – beach towel

Wiss XC - September 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Practice 3PM	No School TBD	TBD
3 Long run	4 No School Rest day	5 Practice 3PM	6 UD @ WHS	7 Practice 3PM	8 Practice 3PM	9 Abington Invitational 6:34 AM ACT test date
10 Long run	11 Practice 3PM	12 Practice 3PM	13 HH @ HH	14 Practice 3PM	15 Practice 3PM	16 TBD
17 Long run	18 Practice 3PM	19 Practice 3PM	20 Abington @ AHS	21 Practice 3PM	22 Practice 3PM	23 Whippets or Council Rock Invitational
24 Long run	25 No School Rest day	26 Practice 3PM	27 Qtown @ WHS	28 Practice 3PM	29 Practice 3PM	30 Salesianum Invitational

NOTES

You must be in school by 8:30 AM to participate in practice/meets.

Invitationals begin this month!

You will race! Plan accordingly with your family. Injured athletes will assist coaches and managers.

Bring to every meet:

Watch, running shoes, water bottle, bag, all parts of uniform, extra shoes/socks for preview, personal snacks, team snacks

Wiss XC - October 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Long run	2 Practice 3PM	3 Practice 3PM	4 PW @ WHS	5 Intrasquad Meet w/ Co-Ed Pasta Party - 3PM	6 Practice 3PM	7 William Tennent Invitational
8 Long Run	9 Practice 3PM	10 Practice 3PM	11 PW @ PW	12 Practice 3PM	13 Practice 3PM	14 TBA
15 Long run	16 Practice 3PM	17 Preview Lehigh Bus 2 PM	18 Practice 3PM	19 Practice 3PM Girls' Senior Night - TBA	20 SOL Champs @ Lehigh University	21 Long run ACT test date
22 Long run	23 Practice 3PM	24 Practice 3PM	25 Practice 3PM	26 Practice 3PM	27 District I Varsity Champs @ Lehigh University	28 Do Better 4 Steve 5K @WHS
29	30 Practice 3PM – Turn in uniforms OR practice for States					

NOTES

You must be in school by 8:30 AM to participate in practice/meets.

There's a new JV District meet!

You will race! Plan accordingly with your family. Injured athletes will assist coaches and managers.

Bring to every meet:

Watch, running shoes, water bottle, bag, all parts of uniform, extra shoes/socks for preview, personal snacks, team snacks

Wiss XC - November 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Practice 3PM	2 Practice 3PM	3 Leave for States	4 PIAA Championship @ Hershey
5	6 In-Service Day	7	8 Girls' Banquet – Upper Café – 6PM	9 Boys' Banquet – Upper Café – 6PM	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

NOTES

You must be in school by 8:30 AM to participate in practice/meets.

Practices in November are only required for those competing at PIAA Champs.

End of Season Banquets:
Families are welcome and encouraged to attend!