**2022 Patriot Cross Country Important Dates**

For practices, bring a water bottle and a recovery snack (15+ Protein and carbs, 150-300 calories)

Monday, Wednesday, Friday is at Patriot H.S. (Meet at Door 20)

Tuesday is at Groveton/ Brownsville Parking lot for Manassas Battlefield (William Centre Blvd)

Thursday is at Bristow Station Battlefield

Saturday is at Wendy’s (10700 Bulloch Road – by the Manassas Battlefield)

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August 1st – 8am first day of practice – at Patriot, door 20 – will be done at 10:30am

August 2nd – 8am at Groveton/ Brownsville Parking lot for Manassas Battlefield (William Centre Blvd, Manassas) Done at 9:30am JV/ 9:45am for varsity

August 3rd – 8am at Patriot, door 20 – will be done by 10:30am

August 4th – 8am at Bristow Station Battlefield – will be done by 9:45am

August 5th – **8am to 2pm at Patriot, door 20. CAMP DAY #1** – **Bring lunch!** Change of clothes

August 6th – 8am at Wendy’s at 10700 Bulloch Drive, Manassas, done at 9:45am (JV), 10:05 (Varsity)

August 8th – 8am at Patriot, door 20 – will be done at 10:30am

August 9th – 8am at Groveton/ Brownsville Parking lot for Manassas Battlefield (William Centre Blvd, Manassas) Done at 9:30am JV/ 9:45am for varsity

***\*\* ALL FALL SPORTS PARENT MEETING \*\* August 9th at 6pm (Auditorium, then break out room by sport)***

August 10th – **8am to 2pm at Patriot, door 20. CAMP DAY** #2 – **Bring lunch!** Change of clothes

***\*\* PICTURE DAY \*\* August 10th – Ready for pictures at 12:50pm… pictures at 1pm!***

August 11th – 8am at Bristow Station Battlefield – will be done by 9:45am

August 12th – 8am at Patriot, door 20 – will be done by 10:30am **IMPACT TESTING at noon**

**SPIRIT WEAR DUE TONIGHT! https://stores.athletesmark.com/patriot\_XC/shop/home**

August 13th – 8am at Wendy’s at 10700 Bulloch Drive, Manassas, done at 9:45am (JV), 10:05 (Varsity)

August 15th – 8am at Patriot, door 20 – will be done at 10:30am

August 16th – 8am at Groveton/ Brownsville Parking lot for Manassas Battlefield (William Centre Blvd, Manassas) Done at 9:30am JV/ 9:45am for varsity

August 17th – **8am to 2pm at Patriot, door 20. CAMP DAY** #3 – **Bring lunch!** Change of clothes

August 18th – 8am at Bristow Station Battlefield – will be done by 9:45am

**\*\* New Student/ Freshmen Orientation \*\* 8/18 12pm-2pm (Door 28)**

August 19th – 8am at Patriot, door 20 – will be done by 10:30am

August 20th – 8am at Wendy’s at 10700 Bulloch Drive, Manassas, done at 9:45am (JV), 10:05 (Varsity)

**SCHOOL STARTS – AUGUST 22nd**

Monday, Wednesday, Friday is at Patriot H.S. 2:30pm-5:00pm

Tuesday is at Groveton/ Brownsville Parking lot 3pm-4:30pm (JV) 4:45 (Varsity)

Thursday is at Bristow Station Battlefield 3pm-4:30pm (JV) 4:45 (Varsity)

Saturday is at Wendy’s (10700 Bulloch Road – by the Manassas Battlefield) 8am – 9:45am

August 27th First race - Night of 2 Miles at Patriot starting at 6pm (2K or 3200 meters)

September 2nd (8am practice at school/ 4pm at Safeway) Friday Labor Day Weekend

September 3rd (8am at Wendy’s) Saturday Labor Day Weekend

September 5th (8am practice at school/ 5pm practice at Safeway) Monday Labor Day Weekend

September 7th – District meet at Nokesville Park 3pm

September 9th – leave for Richmond, VA (Overnight trip)

September 10th – Pole Green Classic in Mechanicsville (close to Richmond) Pole Green Park

September 17th – RVA Relays in Mechanicsville (Pole Green Park)

September 21st – District Meet at Nokesville Park 3pm

September 24th – Oatlands Invite in Leesburg

September 26th – practice at 8am at school/ 4pm at Safeway – Holiday

October 5th – practice at 8am at school/ 4pm at Safeway - Holiday

October 6th – District Meet at Nokesville Park 3pm (Thursday)

October 8th – Albermarle Invite in Earlysville

October 10th – practice at 8am at school/ 4pm at Safeway – no school

October 12th – District Meet at Nokesville Park 3pm

October 15th – 3rd Battle Meet

October 19th – Cedar Run District Championships at Nokesville Park

October 24th – 8am at school/ 4pm at Safeway – Holiday

October 31st – Parent/ Teacher Conferences (8am practice at school)

November 1-6 – Region Championships November 3rd????

November 8th – practice at 9am – teacher work day

November 11th – practice at 9am – Veterans Day

November 12th – VHSL 6A State Championships at Leesburg (Oatlands)

November 26th – Nike Cross Regional – Raleigh, NC

**Rooster Crew -** On days we do doubles they are optional. If you get a good night sleep you can come. On normal school days they are at 6am – meeting at the weight room. Make sure to have breakfast with you. You will use the school’s locker rooms. If you are a freshman or new to running you cannot run the mornings unless you have to miss the afternoon practice that day.

10 doubles when we have school, 15-16 for the season. Doubles that are on school days most likely on: 8/31, 9/2, 9/7, 9/19, 9/21, 9/28, 9/30, 10/12, 10/14, 10/26

Aug 22- 27th – Down week – school starts

Aug 29th – Sept 3rd – Mileage week – 3 doubles (1 school holiday)

Sept 5th – Sept 10th – Mileage Week – 2 doubles (1 school holiday)

Sept 12th – 17th – Down week -

Sept 19th – 24th – Mileage week – 2 doubles - Oatlands

Sept 26th- Oct 1st – Mileage week – 3 doubles (1 school holiday)

Oct. 3rd – Oct. 8th – Down week – 1 double (1 school holiday) Albermarle

Oct. 10th – Oct. 15th – Mileage week – 3 doubles (1 school holiday) Milestat

Oct 17th- Oct 22nd – Down week – (District Championships)

Oct 24th- 29th – Med Mileage week – 1 double (1 school holiday)

Oct 31st – Nov 5th – Down week – 1 double (1 school holiday) ?Regions?

Nov 7th-12th – state week