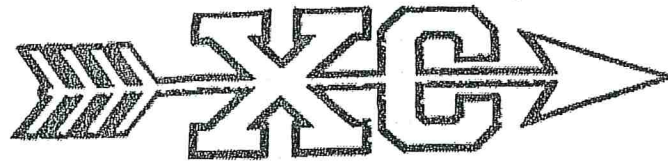


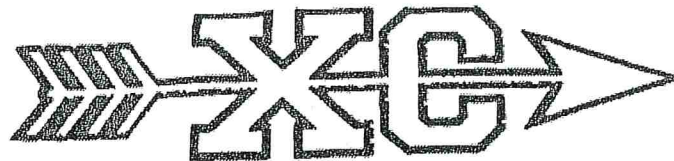
Colerain Cross Country 2024



Join our Google Classroom to stay up to date with information: [4ibzdcv](#)

- Important summer dates
 - June 17- first day of conditioning
 - We meet at the flagpole in front of CHSI M-F at 7:00 AM
 - August 2- team camp day
 - August 1- first day of official practice
 - August 24- first meet day
- Contact Coach Chisom with questions schisom@nwlsd.org

Colerain Cross Country 2024



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August

2024

Subfile

COLERAIN SPRING Cross Country 2024 - must have physical and on Final Forms

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5 First day of practice 8-9 @ CMS	6 practice 8-9 @ CMS	7 practice 8-9 @ CMS	8 practice 8-9 @ CMS	9 No practice	10
11	12 Practice on your own- teacher in- service	13 Practice on your own- teacher in- service	14 Practice on your own- teacher in- service	15 Practice on your own- teacher in- service	16 No practice	17
18	19 Practice on your own	20 Practice 2:15-3:30	21 Practice 2:15-3:30	22 Practice 2:15-3:30	23 Practice 2:15-3:30	24 Meet @ VOA
25	26 Practice 2:15-3:30	27 Practice 2:15-3:30	28 Practice 2:15-3:30	29 Practice 2:15-3:30	30 No practice	31

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September

2024

Subtitle

COLERAIN SPRING Cross Country 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 No practice	3 Practice 2:15-3:30	4 Practice 2:15-3:30	5 Sacred Heart @ Harbin Park Invite	6 Practice 2:15-3:30	7
8	9 Ross Invite @ Ross	10 Practice 2:15-3:30	11 Practice 2:15-3:30	12 Practice 2:15-3:30	13 No practice	14
15	16 Hopewell Invite	17 Practice 2:15-3:30	18 Practice 2:15-3:30	19 Practice 2:15-3:30	20 Practice 2:15-3:30	21 Meet @ Landmark – Princeton Invite
22	23 Plains Invite	24 Practice 2:15-3:30	25 Practice 2:15-3:30	26 Practice 2:15-3:30	27 No practice	28
29	30 Practice 2:15-3:30	Practice 2:15-3:30	Practice 2:15-3:30	Practice 2:15-3:30	No practice	

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October

2024

Subtitle

COLERAIN SPRING Cross Country 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Practice 2:15-3:30	2 Practice 2:15-3:30	3 Practice 2:15-3:30	4 Practice 2:15-3:30	5
6	7 GMC @ Plains	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

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