

2011 Cross Country Practice/Meet Schedule

Date	Day	Event Time	Scheduled Event	Bus Leaves	Location	For Whom
1-Aug	Mon	7:00 PM	Introductory Meeting	n/a	CHS Cafeteria	ALL
2-Aug	Tues	6:23 AM	Practice (Meet @ CHS)	6:23 AM	Burke Lake	ALL
3-Aug	Wed	6:23 AM	Practice (Meet @ CHS)	n/a	Chantilly	ALL
4-Aug	Thurs	6:23 AM	Practice (Meet @ CHS)	n/a	Chantilly	ALL
5-Aug	Fri	9:00 AM	Tryouts (Meet @ CHS)	7:33 AM	Burke Lake	ALL
5-Aug	Fri	n/a	FINAL DEADLINE FOR SPIRIT PACK FORMS	n/a	n/a	ALL
6-Aug	Sat	7:13 AM	Practice (Meet @ Manassas Battlefield)	n/a	Manassas Battlefield	ALL
8-Aug	Mon	6:23 AM	Practice (Meet @ CHS)	6:23 AM	Burke Lake	ALL
9-Aug	Tues	7:13 AM	Practice (Meet @ Manassas Battlefield)	n/a	Manassas Battlefield	ALL
10-Aug	Wed	6:23 AM	Practice (Meet @ CHS)	6:23 AM	South Run	ALL
10-Aug	Wed	7:45 PM	Potomac River Running- Shoe Night	n/a	Reston Town Center	ALL
11-Aug	Thurs	7:33 AM	Practice (Meet @ CHS)	7:33 AM	Burke Lake	ALL
12-Aug	Fri	6:23 AM	Practice (Meet @ CHS)	6:23 AM	South Run	ALL
12-Aug	Fri	5:53 AM	LAST DAY TO JOIN TEAM	n/a	n/a	ALL
13-Aug	Sat	7:13 AM	Practice (Meet @ Manassas Battlefield)	n/a	Manassas Battlefield	ALL
15-Aug	Mon	6:23 AM	Practice (Meet @ CHS)	6:23 AM	South Run	ALL
16-Aug	Tues	7:13 AM	Practice (Meet @ Manassas Battlefield)	n/a	Manassas Battlefield	ALL
17-Aug	Wed	6:23 AM	Practice (Meet @ CHS)	6:23 AM	South Run	ALL
18-Aug	Thurs	7:13 AM	Practice (Meet @ CHS)	n/a	E.C. Lawrence Park	ALL
19-Aug	Fri	9:00 AM	Scrimmage vs. Robinson SS & Lee HS	7:13 AM	Burke Lake	ALL
20-Aug	Sat	7:13 AM	Practice (Meet @ Manassas Battlefield)	n/a	Manassas Battlefield	ALL
22-Aug	Mon	11:30 AM	Depart for Lost River	11:30 AM	CHS	Campers
24-Aug	Wed	7:00 PM	Fall Athletics Parents Meeting	n/a	CHS Auditorium	Parents
25-Aug	Thurs	1:00 PM	Return from Lost River	10:30 AM	CHS	Campers
26-Aug	Fri	7:13 AM	Practice (Meet @ Walney Pond)	n/a	E.C. Lawrence Park	ALL
27-Aug	Sat	TBA	Team Pictures/Field Day	n/a	CHS	ALL
29-Aug	Mon	5:53 AM	Practice (Meet @ CHS)	5:53 AM	South Run	ALL
30-Aug	Tues	5:53 AM	Practice (Meet @ CHS)	n/a	CHS	ALL
31-Aug	Wed	5:53 AM	Practice (Meet @ CHS)	n/a	CHS/Rocky Run	ALL
1-Sep	Thurs	6:23 AM	Practice (Meet @ Walney Pond)	n/a	E.C. Lawrence Park	ALL
2-Sep	Fri	5:53 AM	Practice(Meet @ CHS)- 2nd Time Trial	5:53 AM	Burke Lake	ALL
5-Sep	Mon	8:23 AM	Practice(Meet@Lees Corner)	n/a	Lees Corner Elementary	ALL
6-Sep	Tues	2:50 PM	First Day of School (Practice)	n/a	CHS Track	ALL
10-Sep	Sat	8:00 AM	Monroe Parker Invitational	5:33 AM	Burke Lake	All ***
17-Sep	Sat	9:00 AM	Oatlands Inviational	6:03 AM	Oatlands Plantation	ALL
21-Sep	Wed	4:00 PM	Concorde District Tri-Meet #1	2:20 PM	Lake Fairfax	ALL
23-Sep	Fri	5:30 PM	Team Dinner	n/a	CHS Cafeteria	ALL
24-Sep	Sat	9:00 AM	Bull Run Invitational	5:15 AM	Hereford HS, Parkton, MD	All (TBA)
26-Sep	Mon	7:30 AM	INOVA Blood Drive	n/a	CHS Lecture Hall	ALL
1-Oct	Sat	10:00 AM	Glory Days Grill Invitational	8:08 AM	Bull Run Park, Manassas	ALL
5-Oct	Wed	4:00 PM	Concorde District Tri-Meet #2	2:20 PM	Lake Fairfax	ALL
11-Oct	Tues	4:00 PM	Concorde District Tri-Meet #3	2:20 PM	Burke Lake	ALL
15-Oct	Sat	8:00 AM	Quad States Invitational	n/a	Woodgrove HS, Purcellville	(TBA)
20-Oct	Thurs	4:15 (F/Sb)/ 4:45 (F/Sg)/5:15(J/Sb) / 5:45(J/Sg)	Dobson Double Dual Invitational	2:20 PM	Lake Fairfax	JV
23-Oct	Sat	8:00 AM	Practice (District Teams Only)	n/a	Rocky Run MS	Varsity
25-Oct	Tues	5:30 PM	Team Dinner	n/a	CHS Cafeteria	ALL
27-Oct	Thurs	4:15 (g)/ 4:45 (b)	Concorde District Championships	1:00 PM	Burke Lake	Varsity
3-Nov	Thurs	3:15(g)/ 4:00 (b)	Northern Regional Championships	1:30 PM	Burke Lake	TBA
12-Nov	Sat	TBA	VA AAA State Championships	TBA	Great Meadow, The Plains, VA	TBA
26-Nov	Sat	TBA	Footlocker Southern Regionals	n/a	Charlotte, NC	TBA
7-Dec	Wed	7:00 PM	Fall Athletic Awards	n/a	CHS Gymnasium	ALL

Please set ALL of these dates aside right now. You are making a real commitment to this team. You are expected to make ALL functions at which you are expect to participate. All absences must be exused approved ahead of time by Coach G.