

20-21 Cross Country Schedule - Coach Weathers & Coach Ryan

August						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2-8		Optional Practice 9AM-9:45		Optional Practice 9AM-9:45		
9-15		Optional Practice 9AM-9:45		Optional Practice 3 PM - 3:45PM		
16-22		Optional Practice 3 PM - 3:45PM		Practice Boys 2:30-3:15 Girls 3:15-4:00	Practice Girls 2:30-3:15 Boys 3:15-4:00	
23-29	Practice Boys 2:30-3:15 Girls 3:15-4:00	Practice Girls 2:30-3:15 Boys 3:15-4:00	Optional Practice for all 3:00-3:45		Mustang Meet - Morning	Shawnee Meet Morning
30-5	Practice Boys 2:30-3:15 Girls 3:15-4:00	Practice Girls 2:30-3:15 Boys 3:15-4:00	Optional Practice for all 3:00-3:45		Carl Albert Meet Afternoon	
September						
6-12	No School	No School	Optional Practice for all 3:00-3:45	Practice Boys 2:30-3:15 Girls 3:15-4:00		SNU Meet - Morning
13-19	Practice Boys 2:30-3:15 Girls 3:15-4:00	Practice Girls 2:30-3:15 Boys 3:15-4:00	Optional Practice for all 3:00-3:45		Choctaw Meet - Morning	
20-26	Practice Boys 2:30-3:15 Girls 3:15-4:00	Practice Girls 2:30-3:15 Boys 3:15-4:00	Optional Practice for all 3:00-3:45	Practice Boys 2:30-3:15 Girls 3:15-4:00	Practice Girls 2:30-3:15 Boys 3:15-4:00	
27-3	Practice Boys 2:30-3:15 Girls 3:15-4:00	Practice Girls 2:30-3:15 Boys 3:15-4:00	Optional Practice for all 3:00-3:45	Practice Boys 2:30-3:15 Girls 3:15-4:00	Practice Girls 2:30-3:15 Boys 3:15-4:00	
Randy Hart Edmond Meet and Conference Meet have not been scheduled yet						
Practices are subject to change once Randy Hart and Conference are scheduled						