

2023 Middle School XC Practice Schedule

Updated
8/21/23

*** Need 14 practices to be eligible to compete in meets! ***

Turn in all paperwork to MS coaches or HS office. Do not turn in to MS office.

Pick-up is always at MS back parking lot.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
21-Aug 3:30 - 5:00pm Pool Practice	22-Aug 3:30 - 5:30pm Pool Practice	23-Aug 3:30 - 5:00pm	24-Aug 3:30 - 5:00pm Parent Meeting 5:00-5:30	25-Aug 3:30 - 5:00pm	26-Aug 8:00 - 9:00am @OMS (Optional)
28-Aug 3:30 - 5:00pm	29-Aug 3:30 - 5:30pm	30-Aug 3:30 - 5:00pm	31-Aug 3:30 - 5:30pm	1-Sep 3:30 - 5:00pm	2-Sep New Haven HS & MS Bus @ 7:00am Start @ 8:30am
4-Sep No School No Practice	5-Sep 3:30 - 5:30pm	6-Sep 3:30 - 5:00pm	7-Sep 3:30 - 5:30pm	8-Sep 3:30 - 5:00pm HOME FB GAME	9-Sep Linn Invitational HS & MS Bus @ 7:30am Start @ 9:00am
11-Sep 3:30 - 5:00pm	12-Sep 3:30 - 5:30pm	13-Sep 3:30 - 5:00pm	14-Sep 3:30 - 5:30pm	15-Sep 3:30 - 5:00pm	16-Sep
18-Sep 3:30 - 5:00pm	19-Sep 3:30 - 5:30pm	20-Sep 3:30 - 5:00pm	21-Sep Belle Invitational MS Only Start @ 4:15pm	22-Sep 3:30 - 5:00pm	23-Sep
25-Sep No School No Practice	26-Sep 3:30 - 5:30pm	27-Sep St. James MS Only Start @ 4:00pm	28-Sep 3:30 - 5:30pm	29-Sep 3:30 - 5:00pm HOME FB GAME	30-Sep
2-Oct 3:30 - 5:00pm	3-Oct Hermann Invit. HS & MS Start @ 4:00pm	4-Oct 3:30 - 5:00pm	5-Oct 3:30 - 5:30pm	6-Oct 3:30 - 5:00pm	7-Oct Help set-up for home meet @ OHS 2:00 - 5:00pm
9-Oct 3:30 - 5:00pm	10-Oct Owensville Invit. HS & MS Start @ 4:00pm	11-Oct 3:30 - 5:00pm	12-Oct 3:30 - 5:30pm	13-Oct 3:30 - 5:00pm HOME COMING GAME	14-Oct
16-Oct 3:30 - 5:00pm	17-Oct Four Rivers Conference Meet HS & MS TBD	18-Oct 3:30 - 4:15pm OMS Cafeteria Turn in Uniforms!	19-Oct 3:30 - 5:30pm State Competitors Only	20-Oct 3:30 - 5:00pm State Competitors Only HOME FB GAME	21-Oct Middle School Championships (Only Qualifying Runners Attend)
Coach Pondrom: mpondrom@dutchmen.us			Coach Hunt: shunt@dutchmen.us		