

SHELDON CROSS COUNTRY

October 2014 (Revised 09-02-14)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sept 28 Rest	Sept 29 3:45 pm Practice at Sheldon Track	Sept 30 3:45 pm Practice at Sheldon Track	Oct 1 3:45 pm Practice at Sheldon Track	2 3:45 pm Practice at Sheldon Track; 6:00-8:00 pm Team Pasta Dinner at TBD	3 8:00 am Bus loads at Sheldon for Oxford Classic at Drake Park in Bend; Meet starts at 1:00 pm	4 Practice time and location TBD
5 Rest	6 3:45 pm Practice at Sheldon Track	7 3:45 pm Practice at Sheldon Track	8 3:45 pm Practice at Sheldon Track	9 Early Release Day 3:45 pm Practice at Sheldon Track	10 No School Day 3:45 pm Practice at Sheldon Track 6:00-8:00 pm Team Pasta Dinner at TBD	11 8:00 am Bus loads at Sheldon for George Fox XC Classic at Willamette Mission State Park in Gervais, OR; meet starts at 11:30 am
12 Rest	13 3:45 pm Practice at Sheldon Track	14 3:45 pm Practice at Sheldon Track 6:00-8:00 pm Team Pasta Dinner at TBD	15 Excused from class 1:15 pm. Bus loads 1:30 pm for Country Fair Classic at Fairgrounds in Veneta; meet starts 3:45 pm; Papa's Pizza Fundraiser (Coburg Rd) All Day; Take Flyer with you!	16 3:45 pm Practice at Sheldon Track	17 3:45 pm Practice at Sheldon Track	18 Practice time and location TBD
19 Rest	20 3:45 pm Practice at Sheldon Track	21 3:45 pm Practice at Sheldon Track	22 Excused from class at 11:30 am; Bus loads at 11:45 am for SOC District Meet at LCC; meet starts at 2:00 pm	23 3:45 pm Practice at Sheldon Track	24 3:45 pm Practice at Sheldon Track	25 Practice time and location TBD
26 Rest	27 3:45 pm Practice at Sheldon Track	28 3:45 pm Practice at Sheldon Track	29 3:45 pm Practice at Sheldon Track	30 3:45 pm Practice at Sheldon Track	31 3:45 pm Practice at Sheldon Track	Nov 1 OSAA State Meet at LCC Meeting Time at LCC TBD

For Pasta Dinners: Freshmen bring desserts, sophomores bring drinks, juniors bring salads, seniors bring bread

Coaching Staff

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