

Roosevelt Cross Country Schedule 7th and 8th Grade Schedule August, September, October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11-August	12-August	13-August	14-August	15-August Boys Optional Practice 3:45 – 5:00	16-August Boys Optional Practice 3:45 – 5:00	17-August
18-August	19-August Boys Optional Practice 7:00am – 8:15am Free Physical Clinic @ Callanan 4 – 6	20-August Boys Optional Practice 7:00am – 8:15am	21-August Boys Optional Practice 7:00am – 8:15am	22-August Boys Optional Practice 7:00am – 8:15am	23- August NOTHING	24- August
25- August	26- August Boys Practice 3:45 – 5:00 Girls - No Practice	27- August Boys Practice 3:45 – 5:00 Girls Practice 3:45 – 5:00	28- August Boys Practice 3:45 – 5:00 Girls Practice 3:45 – 5:00	29- August Boys Practice 3:45 – 5:00 Girls Practice 3:45 – 5:00	30- August Boys: No Practice Girls Practice 3:45 – 5:00	31- August
1-September	2-September NO School NO Practice Labor Day	3-September Boys Practice 3:45 – 5:00 Girls Practice 3:45 – 5:00	4-September Boys Practice 3:45 – 5:00 Girls Practice 3:45 – 5:00	5-September Boys Practice 3:45 – 5:00 Girls Practice 3:45 – 5:00	6-September Boys Practice 3:45 – 5:00 Girls Practice 3:45 – 5:00	7-September
8-September	9 September Boys Practice 3:45 – 5:00 Girls Practice 3:45 – 5:00	10-September Boys Practice 3:45 – 5:00 Girls Practice 3:45 – 5:00	11-September Boys Practice 3:45 – 5:00 Girls Practice 3:45 – 5:00	12-September Boys Practice 3:45 – 5:00 Girls Practice 3:45 – 5:00	13-September Boys Practice 3:45 – 5:00 Girls Practice 3:45 – 5:00	14-September
15-September	16-September Boys Practice 3:45 – 5:00 Girls Practice 3:45 – 5:00	17-September Boys and Girls Meet Valley South Woods 4:15 Start	18-September Boys Practice 3:45 – 5:00 Girls Practice 3:45 – 5:00	19-September Boys Practice 3:45 – 5:00 Girls Practice 3:45 – 5:00	20-September NO School NO Practice	21-September
22-September	23-September Boys and Girls Meet Ankeny (DMACC) 4:00 Start	24-September Boys Practice 3:45 – 5:00 Girls Practice 3:45 – 5:00	25-September Boys Practice 3:45 – 5:00 Girls Practice 3:45 – 5:00	26-September Boys Practice 3:45 – 5:00 Girls Practice 3:45 – 5:00	27-September Boys Practice 3:45 – 5:00 Girls Practice 3:45 – 5:00	28-September
29-September	30-September Boys and Girls Meet Ames (ISU) 4:00 Start	1-October Boys Practice 3:45 – 5:00 Girls Practice 3:45 – 5:00	2-October Boys Practice 3:45 – 5:00 Girls Practice 3:45 – 5:00	3-October Boys Practice 3:45 – 5:00 Girls Practice 3:45 – 5:00	4-October Boys Practice 3:45 – 5:00 Girls Practice 3:45 – 5:00	5-October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6-October	7-October Boys Practice 3:45 – 5:00 Girls Practice 3:45 – 5:00	8-October Boys and Girls Meet Ankeny (Prairie Ridge) 4:00 Start	9-October NO School NO Practice	10-October NO School Boys and Girls Meet Ewing Park(Des Moines) 5:30 Start City Meet	11-October NO School NO Practice	12-October
13-October	14-October Boys Practice 3:45 – 5:00 Girls Practice 3:45 – 5:00	15-October Boys and Girls Meet SEP (High School Course) 4:30 Start	Uniform Return	17-October	18-October	19-October State Meet 10:00-12:00

<https://www.signupgenius.com/go/70A0449AFA72BAA8-50339094-free#/> This is the link to sign up for the Free Physical Clinic at Callanan Aug. 19