

Quimby Oak Cross Country

2017 Practice & Race Schedule



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 Week of Aug 28	Cross Country Meeting @ Lunch in Gym	No Practice Get your permission slip signed & bring to the first day of practice.	First Day of Practice! After School to 3:15 pm Team Meeting: XC Introduction & Expectations [Staff Meeting Day]	Practice After School to 3:15 pm	Practice After a brief run and strength work athletes will be measured for Division placement. All athletes must be in attendance. Once measured athletes are dismissed to go home.
Week 2 Week of Sept 4	No School Run on your own!	Practice After School to 3:15 pm	Optional Morning Practice 6:45 am - 7:15 am [Staff Meeting Day]	Race, 4 pm Cross Country Relays @ Guadalupe Oak Grove Park Note: All runners compete	Practice After School to 3:15 pm
Week 3 Week of Sept 11	Practice After School to 3:15 pm	Race, 4 pm @ Alum Rock Park Note: All runners compete	Optional Morning Practice 6:45 am - 7:15 am Parent Meeting Room 39 @5:30 pm [Back to School Night; Staff Meeting Day]	No Practice Run on your own! [Staff development; Minimum Day]	Practice After School to 3:15 pm
Week 4 Week of Sept 18	Practice After School to 3:15 pm	Practice After School to 3:15 pm	Optional Morning Practice 6:45 am - 7:15 am [Staff Meeting Day]	Race, 4 pm @ Christmas Hill Park, Gilroy Race, 4 pm @ Lake Cunningham Park Note: Top 7 in each division will compete in Gilroy; all other athletes will compete at Lake Cunningham.	No Practice Team Meeting at lunch
Week 5 Week of Sept 25	Practice After School to 3:15 pm	Race, 3:30 pm Evergreen Classic @ Chaboya Note: Top 7 runners in each gender/division compete + Remaining athletes compete in the open division race.	Optional Morning Practice 6:45 am - 7:15 am	No School Run on your own! [Teacher Inservice]	Practice After School to 3:15 pm Division Qualifiers Announced at Practice.
Week 6 Week of Oct 2	Practice After School to 3:15 pm	Practice After School to 3:15 pm	Optional Morning Practice 6:45 am - 7:15 am [Staff Meeting Day]	Race, 4 pm Division Finals @ Lake Cunningham Note: Top 7 runners in each gender/division compete.	No Practice Team Meeting at lunch Section Qualifiers Announced
Week 7 Week of Oct 9	Practice After School to 3:15 pm	Practice After School to 3:15 pm	Optional Morning Practice 6:45 am - 7:15 am [Staff Meeting Day]	Race, 4 pm Section Finals @ Christmas Hill Park, Gilroy Note: Top 7 runners in each gender/division compete. [Staff development; Minimum Day]	[End of Season]

Notes:

- All meets start at 4 pm unless otherwise noted.
- Quimby has limited transportation due to bus availability; Bus transportation is round trip.
- For most competitions the bus will return to school approximately 6 pm. Athletes will be reminded to call parents immediately upon the completion of the event.
- All athletes MUST be picked up within 15 minutes of the conclusion of practice and bus of drop off on race days.