

New Hanover Cross Country 2017 Practice Schedule

◀ July 2017		August 2017					September 2017 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	31 Greenfield Lake 7:30-9:00 AM	1 New Hanover Track 7:30-9:00 AM	2 UNCW Track 7:30-9:00 AM	3 UNCW Track 7:30-9:00 AM 3K Time Trial Parent Meeting 6:00 pm	4 Off/ Easy OYO	5 UNCW Track 7:30-9:00 AM	
6 Off	7 Greenfield Lake 7:30-9:00 AM	8 New Hanover Track 7:30-9:00 AM	9 UNCW Track 7:30-9:00 AM	10 UNCW Track 7:30-9:00 AM	11 Off/Easy OYO	12 Laney Scrimmage TBA	
13 Off	14 New Hanover Track 7:30-9:00 AM	15 New Hanover Track 7:30- 9:00 AM	16 New Hanover Track 6:00-7:30 PM	17 Hoggard Scrimmage Hugh Macrae Park TBA	18 Off/ Easy OYO	19 UNCW Track 7:30-9:00 AM	
20 Off	21 New Hanover Track 6:00-7:30 PM	22 New Hanover Track 6:00-7:30 PM	23 New Hanover Track 6:00-7:30 PM	24 Conference Opener Meet Hugh Macrae Park TBA	25 Off/ Easy OYO	26 UNCW Track 7:30-9:00 AM	
27 Off	28 New Hanover Track 3:50-5:45	29 New Hanover Track 3:50-5:30	30 New Hanover Track 3:50-5:30	31 North Brunswick Meet or Practice (NHT) 3:55-5:30	Notes: <u>Communication Info-</u> -all excused absences must be communicated through parent email to justin.fischetti@nhcs.net -please make sure you have signed up for updates through the remind 101 app		

◀ August 2017		September 2017					October 2017 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
					1 New Hanover Track 3:50-5:15	2 Jungle Run	
3 Off/ Easy OYO	4 New Hanover Track 3:50-5:45	5 New Hanover Track 3:50-5:30	6 White Oak Meet	7 New Hanover Track 3:50-5:30	8 New Hanover Track 3:50-5:15	9 Knights Invitational	
10 Off/ Easy OYO	11 New Hanover Track 3:50-5:45	12 New Hanover Track 3:50-5:30	13 New Hanover Track 3:50-5:30	14 South Brunswick Meet	15 New Hanover Track 3:50-5:15	16 UNCW Track 8:30-10:00 AM	
17 Off/ Easy OYO	18 New Hanover Track 3:50-5:45	19 New Hanover Track 3:50-5:30	20 New Hanover Track 3:50-5:30	21 Wallace Park Meet	22 New Hanover Track 3:50-5:15	23 UNCW Track 8:30-10:00 AM	
24 Off/ Easy OYO	25 New Hanover Track 3:50-5:45	26 New Hanover Track 3:50-5:30	27 New Hanover Track 3:50-5:30	28 Hugh Macrae Meet	29 New Hanover Track 3:50-5:15	30 UNCW Track 8:30-10:00 AM	

◀ September 2017		October 2017					November 2017 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1 Off/ Easy OYO	2 New Hanover Track 3:50-5:45	3 Hokum Karem Relay Hugh Macrae Park	4 New Hanover Track 3:50-5:30	5 New Hanover Track 3:50-5:30	6 New Hanover Track 3:50-5:15	7 Pirate Invite	
8 Off/ Easy OYO	9 New Hanover Track 3:50-5:45	10 New Hanover Track 3:50-5:30 Team Pasta Night TBA	11 New Hanover Track 3:50-5:30	12 County Championship	13 New Hanover Track 3:50-5:15	14 Olsen Park 9:00-10:30 AM	
15 Off/ Easy OYO	16 New Hanover Track 3:50-5:45	17 New Hanover Track 3:50-5:30 Team Pasta Night TBA	18 New Hanover Track 3:50-5:30	19 Conference Championship	20 New Hanover Track 3:50-5:15	21 UNCW Track 9:00-10:30 AM	
22 Off/ Easy OYO	23 New Hanover Track 3:50-5:30	24 New Hanover Track 3:50-5:30	25 New Hanover Track 3:50-5:30	26 New Hanover Track 3:50-5:30 Regional Pasta Night TBA	27 New Hanover Track 3:50-5:15	28 Regional Championship	
29 Off/ Easy OYO	30 New Hanover Track 3:50-5:30	31 New Hanover Track 3:50-5:30	Notes:				

◀ October 2017			November 2017		December 2017 ▶	
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 New Hanover Track 3:50-5:30	2 New Hanover Track 3:50-5:30	3 Travel to States	4 State Championship