

LHS Boy's XC Practice and Meet Schedule 2023

All times and locations are subject to change. ****Especially with potential high temperatures.**** The calendar will be updated often.

Please bring your own **water bottle** and **watch** to practice every day!

AUGUST						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
R.C. 8am Sleepy Hollow 31	R.C. 8am Hillside 1	R.C. 8am Legacy 2	Last Day of Running Club 3	4	5	6
Captains' Practice → 7	8	9	McDowell Dam Day! 10	11	12	13
FIRST DAY OF HS PRACTICE 8:00am Legacy <i>Parent Meeting 4:45pm Auditorium Potluck to follow</i> 14	8:00am Legacy 15	7:30am Hillside XC Camp 9-11am (K-5th) Hillside/Simle 16	FIRST DAY OF SCHOOL St. Mary's 7:30am Hillside XC Camp 9-11am (K-5th) Hillside/Simle 17	8:00am Capitol 18	Off 19	Optional: 7:00pm McDowell Dam 20
4:00pm Hillside 21	Legacy 4:15pm Uniform handouts 4:45pm Pictures *Practice following pictures 22	3:45pm Legacy 23	FIRST DAY OF SCHOOL Legacy 3:45pm Legacy 24	4:00pm Legacy Sway Testing 25	26	Optional: 7:00pm McDowell Dam 27

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SEPTEMBER						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
28	29	30	31	FIRST MEET RUSTY BUCKET McDowell Dam 5:30pm	2	3
No School 4	5	6	(moved) MANDAN KIWANIS Mandan Municipal 11am Elementary Meet at Cottonwood 3:45pm 7	8	9	10
11	12	13	14	15	ANDERSON STAVN McDowell Dam 1pm (Bus leaves 11:15am)	17
				ROY GRIAK INVITATIONAL University of Minnesota 2:15pm (10 V Girls)	MUSTANG INVITE Chippewa MS St. Paul, MN (11:40am/12:40pm)	

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18	19	20	21	22	23	24
No School					BORDER BATTLE Grand Forks 11am	
25	26	27	28	29	30	1
OCTOBER						
<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>	<i>SATURDAY</i>	<i>SUNDAY</i>
2	3	4	5	6	MINOT INVITE Minot Souris Valley Golf 11am <small>(Bus leaves 8am)</small>	8
9	10	11	12	13	WDA Bismarck McDowell Dam 1pm	15
16	17	18	No School FALL CLASSIC Bismarck McDowell Dam 4:00pm	No School	21	22
					STATE MEET	

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23	24	25	26	27	28	Jamestown Parkhurst Rec. 1pm (Bus leaves 10:15am)
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