

SHELDON CROSS COUNTRY

September 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 Labor Day	4 8:00 am Practice at Alton Baker; 3:30 pm Practice at Sheldon Track; 5:30 pm Parent Meeting	5 8:00 am Practice at Alton Baker; 3:30 pm Practice at Sheldon Track; 6:00 pm Pasta Dinner at Moore's (1266 Rio Glen Dr)	6 Dismissed from class 2:00 pm. Bus leaves Sheldon at 2:15 pm 4:00 pm Thurston Invitational at LCC	7 3:30 pm Practice at Sheldon Track	8 9:00 am Practice Site TBA
9	10 3:30 pm Team Picture & Practice at Sheldon Track	11 Dismissed from class 2:15 pm. Bus leaves 2:30. 4:00 pm Pre-District Meet at Alton Baker Park	12 3:30 pm Practice at Sheldon Track	13 3:30 pm Practice at Sheldon Track	14 3:30 pm Practice at Sheldon Track; Athletic Trainer to speak to team	15 Bus leaves Sheldon at 8:00 am; 10:00 am South Salem Invitational at Bush Park
16	17 3:30 pm Practice at Sheldon Track	18 Dismissed from class at 12:45 pm. Bus leaves 1:00 pm; 4:00 pm Meet at Roseburg	19 3:30 pm Practice at Sheldon Track	20 3:30 pm Practice at Sheldon Track	21 3:30 pm Practice at Sheldon Track	22 Bus leaves Sheldon at 9:00 am; 11:00 am NW Classic at LCC
23	24 3:30 pm Practice at Sheldon Track	25 3:30 pm Practice at Sheldon Track	26 Excused from class 1:15 pm, bus leaves 1:30 4pm Lebanon Invitational, Waterloo Park	27 3:30 pm Practice at Sheldon Track	28 3:30 pm Practice at Sheldon Track	29 Run on your own
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October/November 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 3:30 pm Practice at Sheldon Track	2 3:30 pm Practice at Sheldon Track	3 3:30 pm Practice at Sheldon Track	4 3:30 pm Practice at Sheldon Track	5 Early Release from School; 12:00 noon Practice at Sheldon Track	6 Bus leaves 5:30 am. 10:00 am Puma Classic at Drake Park in Bend
7	8 3:30 pm Practice at Sheldon Track	9 3:30 pm Practice at Sheldon Track	10 3:30 pm Practice at Sheldon Track	11 3:30 pm Practice at Sheldon Track	12 In-Service Day No School; No Practice	13 Bus Leaves 9:15 am. 1:00 pm Concordia Classic at Portland
14	15 3:30 pm Practice at Sheldon Track	16 3:30 pm Practice at Sheldon Track	17 Excused from class 1:30 pm. Bus leaves 1:45 4:00 pm Elmira Invitational at Veneta	18 3:30 pm Practice at Sheldon Track	19 3:30 pm Practice at Sheldon Track	20 9:00 am Practice Site TBA
21	22 3:45 pm Practice at Sheldon Track	23 3:45 pm Practice at Sheldon Track	24 3:45 pm Practice at Sheldon Track	25 Dismiss from class 12:15 pm. Bus leaves 12:30 pm. District Championships At Alton Baker Park 2:00 pm	26 3:30 pm Practice at Sheldon Track	27 Run on your own
28	29 3:30 pm Practice at Sheldon Track	30 3:30 pm Practice at Sheldon Track	31 3:30 pm Practice at Sheldon Track	Nov 1 3:30 pm Practice at Sheldon Track	Nov 2 3:30 pm Practice at Sheldon Track	Nov 3 Please meet at LCC 11:00 am State Meet 12:30 pm LCC

Coaching Staff

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Website Info: www.shs.lane.edu go to Sports, then Cross Country