

Hornell XC 2018

Hornell Cross Country 2018 SCHEDULE

Date	Event	Time	Location	Bus	workout
8/6	open	8:30 AM	North Hornell		distance
8/7	open	8:30 AM	Arkport track		distance
8/8	"get ready"	8:30 AM	Can-Green track		distance
8/9	camp	8:30 AM	Hornell back lot		distance
8/13	practice	8:30 AM	back parking lot		distance
*	Parent Meeting	6:00 PM	A-Gym	Aug.13-15	
8/14	practice	8:30 AM	North Hornell		distance
8/15	practice	8:30 AM	back parking lot		distance
8/16	practice	8:30 AM	James Street		distance
8/17	practice	8:30 AM	back parking lot		hills
8/20	practice	8:30 AM	back parking lot		distance
8/21	practice	8:30 AM	back parking lot		distance
8/22	practice	8:30 AM	back parking lot		intervals
8/23	practice	8:30 AM	back parking lot		distance
8/24	practice	8:30 AM	back parking lot		intervals
8/27	practice	8:30 AM	back parking lot		distance
8/28	Two-mile Time Trial	10:00 AM	North Hornell	TBA	
8/29	practice	8:30 AM	back parking lot		intervals
8/30	practice	3:30 PM	back parking lot		distance
8/31	practice	3:30 PM	back parking lot		distance
9/4	practice	3:30 PM	back parking lot		distance
9/5	Meet	4:30 PM	Hammondsport	3:15 PM	
9/6	practice	3:30 PM	back parking lot		distance
9/7	practice	3:30 PM	back parking lot		hills
9/8	Mixer Scrimmage	10:00 AM	Dansville	8:00 AM	
9/10	practice	3:30 PM	back parking lot		distance
9/11	Meet	4:30 PM	Addison	3:15 PM	
9/12	practice	3:30 PM	back parking lot		intervals
9/13	practice	3:30 PM	back parking lot		distance
9/14	practice	3:30 PM	back parking lot		distance
9/15	Invitational	9:30 AM	Bradford	7:30 AM	
9/17	practice	3:30 PM	back parking lot		distance
9/18	Meet	4:30 PM	N. Hornell	3:15 PM	
9/19	practice	3:30 PM	back parking lot		hills
9/20	practice	3:30 PM	back parking lot		distance
9/21	practice	3:30 PM	back parking lot		distance
9/22	Invitational	9:30 AM	East Aurora	7:30 AM	
9/24	practice	3:30 PM	back parking lot		distance
9/25	Meet	4:30 PM	N. Hornell or Can.	3:45 PM	
9/26	practice	3:30 PM	back parking lot		intervals
9/27	practice	3:30 PM	back parking lot		distance
9/28	practice	3:30 PM	back parking lot		distance
9/29	Invitational	TBA	McQuaid	7:30 AM	
10/1	practice	3:30 PM	back parking lot		distance
10/2	Meet	4:30 PM	Arkport	3:15 PM	

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10/3	practice	3:30 PM	back parking lot		intervals
10/4	practice	3:30 PM	back parking lot		distance
10/5	practice	3:30 PM	back parking lot		distance
10/6	Invitational	11:00 AM	So. Tier at All-Lime	9:00 AM	
10/9	Meet	4:30 PM	Avoca	3:15 PM	
10/10	practice	3:30 PM	back parking lot		intervals
10/11	practice	3:30 PM	back parking lot		distance
10/12	practice	3:30 PM	back parking lot		distance
10/13	Invitational	11:00 AM	Cuba-Rushford	9:30 AM	
10/15	practice	3:30 PM	back parking lot		intervals
10/16	Meet	4:30 PM	Bath C.C.	3:15 PM	
10/17	practice	3:30 PM	back parking lot		intervals
10/18	practice	3:30 PM	back parking lot		distance
10/19	practice	3:30 PM	back parking lot		intervals
10/20	Invitational	11:50 AM	Clarence	9:00 AM	
10/22	practice	3:30 PM	back parking lot		hills
10/23	practice	3:30 PM	back parking lot		intervals
10/24	practice	3:30 PM	back parking lot		distance
10/25	Meet	4:30 PM	Mod. Meet at J-T	3:15 PM	distance
10/26	practice	3:30 PM	back parking lot		distance
10/29	practice	3:30 PM	back parking lot		hills
10/30	practice	3:30 PM	back parking lot		intervals
10/31	practice	3:30 PM	back parking lot		distance
11/1	practice	3:30 PM	back parking lot		distance
11/2	practice	3:30 PM	back parking lot		distance
11/3	Sectionals	TBA	Midlakes	TBA	
11/5	practice	3:30 PM	back parking lot		distance
11/6	practice	3:30 PM	back parking lot		hills
11/7	practice	3:30 PM	back parking lot		distance
11/8	practice	3:30 PM	back parking lot		distance
11/9	practice	TBA	back parking lot		distance
11/10	States	TBA	Sunken Meadow SP	TBA	