# JUNE

| *Sun* | *Mon* | *Tue* | *Wed* | *Thu* | *Fri* | *Sat* |
|---|---|---|---|---|---|---|
| **Use this calendar for your training log!** Bring it with you on Aug. 14th. | Check **www.lhsxc.org** for updates concerning summer workouts. | **12** **Start Official Mileage log: Turn in on 8/14** | **2** | **3** | **4** | **5** |
| **6** | **7** | **8** | **9** | **10** | **11** | **12** |
| **13** | **14** Upper clasmen and top ten prospects begin small group training 3x per week. Sites to be posted on website. | **15** | **16** | **17** | **18** | **19** |
| 20 | **21** | 22 | 23 | 24 | 25 | 26 |
| 27 | **28** Rookies should begin running on your own at lest 3 days per week for 20 minutes. You are welcome to join the veterans for these runs. | 29 | 30 | | | |
| | | | | | | |

2010

# July

| *Sun* | *Mon* | *Tue* | *Wed* | *Thu* | *Fri* | *Sat* |
|---|---|---|---|---|---|---|
| | | | | 1 | 2 | **3**<br>**Peachtree Road Race**. I hope to see you at the finish line. |
| **4** | 5 | 6 | 7 | 8 | 9 | 10 |
| **11** | **12**<br>**<u>1st Day of Voluntary Practice @ LHS</u>**<br>**8:30 AM**<br>**Start attendance lettering points** | 13 | 14<br>Prac. 8:30 AM | 15 | 16<br>Prac. 8:30 AM | 17 |
| **18**<br>Sunday runs begin @ Kennesaw Mt. 8:30 AM | **19**<br>Prac. Mon. thru Fri. **www.lhsxc.org** for site and directions to practice. | 20 | 21 | 22 | 23 | 24 |
| **25** | **26**<br>Check LHSXC.org for practice location and directions | **27** | **28** | 29 | 30 | 31 |

2010

# August

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|---|---|---|---|---|
| 1 | **2**<br>1st day of School<br>**Mandatory practice begins – 7:00 PM @Lassiter Monday thru Friday** | 3 | 4 | 5 | 6 | 7 |
| 8 | 9<br>**Practice @ 7:00 PM @ LHS** | 10 | 11 | 12 | 13<br>***Tentative Meet Schedule!!!!*** | 14<br>**12 Minute Run**<br>**8:00 AM @ LHS**<br>**Team party @ 5:00 PM @ LHS** |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22<br>29 | 23<br>30 | 24<br>31 | 25 | 26 | 27 | 28<br>**Stage Races for top 10 runners**. |
| | | | | | | |
| | | | | | | |

2010

# September

| *Sun* | *Mon* | *Tue* | *Wed* | *Thu* | *Fri* | *Sat* |
|---|---|---|---|---|---|---|
| | No formal practice.<br>Run on your own. | | **1** | **2** | **3** | 4<br>**Berry Invitational, Rome, GA.**<br>**Top 10** |
| **5** | **6**<br>**Labor Day**<br>Practice on your own. | **7** | **8** | **9** | **10** | 11<br>**Warpath Inv.**<br>**Canton, GA** |
| 12 | **13** | 14 | 15<br>JV Race @ McClesky or Noonday | 16 | 17<br>Depart on GWT<br>Rocky Mt. Nat. PK, CO | 18 |
| 19 | **20** | **21** | 22 | 23 | 24<br>John Martin Inv.<br>Fort Collins, Co | 25 |
| **26**<br>Return from GWT | 27 | **28**<br>**Kell/Ros// Whe**<br>**@ McCleskey 6:00** | 29 | 30 | | |

2010

# October

| *Sun* | *Mon* | *Tue* | *Wed* | *Thu* | *Fri* | *Sat* |
|---|---|---|---|---|---|---|
| | | | | | **1** | **2**<br>**Jessie Owens Inv.**<br>**Alabama**<br>**Top 7** |
| 3 | 4 | **5**<br>**JV Meet Kell/Whe** | **6** | **7** | **8** | 9<br>**Cobb County Championships:**<br>**CC Corp Property** |
| 10 | **11** | 12 | 13 | 14 | 15 | 16<br>**Low Country Inv.**<br>**Charleston, SC**<br>**Top 24**<br>ACT**.** |
| 17 | **18** | **19** | 20 | 21<br>**2 Mile @ Noonday vs Kell** | 22 | 23 |
| **24** | 25 | **26** | 27 | 28 | **29** | **30**<br>**Region Championships @ Boling Park** |

# November

| *Sun* | *Mon* | *Tue* | *Wed* | *Thu* | *Fri* | *Sat* |
|---|---|---|---|---|---|---|
| **31** | 1 | **2** | 3 | **4** | **5** | 6<br>**State Meet 1:30 PM @Carrollton**<br><br>**SAT** |
| **7**<br>Junior Olympics ??? | **8** | **9** | **10** | **11** | **12** | **13**<br>**Cross Country**<br>**<u>Banquet 6:00 PM</u>**<br>Lassiter dining Room |
| 14 | **15** | 16 | 17 | 18 | 19 | 20 |
| 21 | **22** | **23** | 24 | 25 | 26 | 27<br>**Footlocker SE @ Charlotte, NC** |
| **28** | 29 | **30** | | | | |
| | | | | | | |

# November

| *Sun* | *Mon* | *Tue* | *Wed* | *Thu* | *Fri* | *Sat* |
|---|---|---|---|---|---|---|
| 1 | 2 | 3<br>. | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| **29** | 30 | | | | | |
| | | | | | | |

# DECEMBER

| *Sun* | *Mon* | *Tue* | *Wed* | *Thu* | *Fri* | *Sat* |
|---|---|---|---|---|---|---|
| | | 1 | 2 | 3 | 4 | 5 |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | 31 | | |
| | | | | | | |

# JANUARY

| *Sun* | *Mon* | *Tue* | *Wed* | *Thu* | *Fri* | *Sat* |
|---|---|---|---|---|---|---|
| | | | | | 1 | 2 |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| **31** | | | | | | |

# FEBURARY

| *Sun* | *Mon* | *Tue* | *Wed* | *Thu* | *Fri* | *Sat* |
|---|---|---|---|---|---|---|
| | 1 | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | | | | | | |

# MARCH

| *Sun* | *Mon* | *Tue* | *Wed* | *Thu* | *Fri* | *Sat* |
|---|---|---|---|---|---|---|
| | 1 | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27<br>**RACE** |
| 28 | 28 | 30 | 31 | | | |
| | | | | | | |