

(Rosa X-C) September 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4 FALL SPORTS MEETING 7PM	5	6	7
8	9 PRACTICE Turn in \$10 for uniform	10 PRACTICE Turn in \$10 for uniform	11 PRACTICE Turn in \$10 for uniform	12 PRACTICE Turn in \$10 for uniform	13 PRACTICE Turn in \$10 for uniform	14
15	16 PRACTICE Turn in \$10 for uniform	17 PRACTICE Turn in \$10 for uniform	18 PRACTICE Turn in \$10 for uniform	19 "TIME TRIALS"	20 PRACTICE "HAND OUT UNIFORMS "	21
22	23 PRACTICE "HAND OUT UNIFORMS "	24 PRACTICE	25 PRACTICE	26 Race @ Home Pick up time: 5:00	27 PRACTICE	28
29	30 NO SCHOOL/NO PRACTICE (Run on your own)					

NOTE:

-RACES - BUSES are provided TO and FROM all races unless noted otherwise.

-TRANSPORATION HOME - Students NEED Transportation from ROSA to HOME after all Races at the time indicated on calendar.

-UNIFORMS- are purchased in beginning of season for \$10 and will be handed out on 9/20-9/23

-YOU NEED TO BE AT PRACTICE TO GET A UNIFORM. *The Uniform HAS TO BE WORN TO compete in ALL RACES.

-PRACTICES – are everyday (3:15 – 4:15) unless there is a race or no school. *There ARE LATE BUSES for all practices.

(Rosa X-C) October 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 NO SCHOOL/NO PRACTICE (Run on your own)	2 Race @ Marlton Pick up time 5:45	3 PRACTICE	4 Race @ Carusi Pick up time 5:30	5
6	7 Penny Packer Select Runners (Runners TBD)	8 PRACTICE	9 NO SCHOOL/NO PRACTICE (Run on your own)	10 Race @ Demasi Pick up time 5:45	11 PRACTICE	12
13	14 PRACTICE	15 PRATICE	16 Race @ Home Pick up time 5:00	17 PRACTICE	18 Race @ Home Pick up time 5:00	19
20	21 PRACTICE	22 PRACTICE	23 Race @ Delran Pickup time 5:45	24 PRACTICE	25 PRACTICE	26 CHERRY HILL CHAMPS (ALL Runners) @ Rosa 8:30 AM
27	28 League Champs @ Beck Pick up time 5:30	29 PRACTICE (IF NEEDED)	30 PRACTICE (IF NEEDED)	31 PRACTICE (IF NEEDED)	1 PRACTICE (IF NEEDED)	2 (Rain Date) CHERRY HILL CHAMPS @ Rosa 8:30 AM

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