

Girl's Cross-Country Fall 2010

Pre-Season Practice Schedule: PLAN 2 HOURS FOR PRACTICE!

Monday	August 23 rd	The Crossings	9:00 am
		(Meet in back parking lot)	

*Testing for selection classification 7th & 8th graders 8:00 am

Tuesday	August 24 th	The Crossings	8:00 am
---------	-------------------------	---------------	---------

Wednesday	August 25 th	The Crossings	8:00 am
-----------	-------------------------	---------------	---------

Thursday	August 26 th	The Crossings	8:00 am
----------	-------------------------	---------------	---------

Friday	August 27 th	The Crossings	8:00 am
--------	-------------------------	---------------	---------

*Optional – Sat. 8/28th @ The Crossings – 8:00 am

Monday	August 30 th	Colonie Bike Path	8:00 am
--------	-------------------------	-------------------	---------

Tuesday	August 31 st	Colonie Bike Path	8:00 am
---------	-------------------------	-------------------	---------

Wednesday	September 1 st	Colonie Bike Path	8:00 am
-----------	---------------------------	-------------------	---------

Thursday	September 2 nd	Colonie Bike Path	8:00 am
----------	---------------------------	-------------------	---------

Friday	September 3 rd	Colonie Bike Path	8:00 am
--------	---------------------------	-------------------	---------

*Optional – Sat. 9/4th @ The Crossings

Tuesday	September 7 th	Shaker High	2:00 pm
---------	---------------------------	-------------	---------

Wednesday	September 8 th	Shaker High	2:00 pm
-----------	---------------------------	-------------	---------

Thursday	September 9 th	Colonie Town Park	10:00 am
----------	---------------------------	-------------------	----------

Friday	September 10 th	Shaker High	2:30 pm
--------	----------------------------	-------------	---------

Saturday	September 11 th	Springstead Invitational	9:00 am
----------	----------------------------	--------------------------	---------

Coach Marbry Gansle

Girls' Head Cross-Country Coach