

Saint Anthony's Cross Country

Grades 4-8

2010 Schedule

Miss Antall: Contact - lantall@saseverett.com or school # 617-389-2448

Monday	Tuesday	Wednesday	Thursday	Friday
Sept. 13 Practice in the park 2:30-3:30	Sept. 14 Practice in the park 2:30 -3:30	9/15	9/16	9/18 Go for a run on your own ☺
9/20 No practice School trip	9/21 Practice 2:30- 4:00	9/22	9/23 First meet @ St. Mary's Danvers	9/24
9/27 Practice 2:30-3:30	9/28 Practice 2:30-3:30	9/29	9/30 Meet #2 @ St. John's Peabody	10/1
10/4 Practice 2:30-3:30	10/5 Practice 2:30-3:30	10/6 Meet #3 @St. Mary's Beverly	10/7	10/8 Weekend run on your own ☺
10/11 Columbus Day No practice	10/12 Practice 2:30-3:30	10/13 Meet #4 @ St. Pius Lynn	10/14	10/15 Weekend run on your own ☺
10/18 Practice 2:30-3:30	10/19 Practice 2:30-3:30	10/20	10/21 Meet #5 @ St. Mary's Danvers	10/22
Week of 10/25 and week of 11/1 may have regional meets. Those are TBD				

Practices will be right after school in the park. We may run around the streets surrounding the school depending on the day. Students can be picked up at the park around 3:30. They will have all of their things. If it is pouring, we may be inside the gym. If for some reason a practice is cancelled, you will be notified during the school day. Meet days are listed. I am not positive yet if the locations are their schools or where they chose to host the meet. Once I know this information you will receive directions. On meet days, we will meet in the gym to change and then dismiss to cars. We are supposed to leave directly after school and I will give the host team's coach our ETA. T-shirts should be in before the first meet, students should wear their gym shorts with them to make us look uniform. If for some reason you cannot make a meet, please let me know ahead of time! Thanks!