

August

JUNE AND JULY
BASE MILES
200 + MILES

CROSS COUNTRY - GO RAMS VISION, HISTORY, COURAGE, AND FAITH

Sun

Mon

Tue

Wed

Thu

Fri

Sat

1

2

3

4

5

6

7

8

9
Practice Starts
3:30 P.M.
Until
5:30 P.M.

10
3:30 P.M.
Until
5:30 P.M.

11
3:30 P.M.
Until
5:30 P.M.

12
3:30 P.M.
Until
5:30 P.M.

13
3:30 P.M.
Until
5:30 P.M.

14

15

16
3:30 P.M.
Until
5:30 P.M.

17
3:30 P.M.
Until
5:30 P.M.

18
3:30 P.M.
Until
5:30 P.M.

19
3:30 P.M.
Until
5:30 P.M.

20
3:30 P.M.
Until
5:30 P.M.

21

22

23
3:30 P.M.
Until
5:30 P.M.

24
3:30 P.M.
Until
5:30 P.M.

25
3:30 P.M.
Until
5:30 P.M.

26
3:30 P.M.
Until
5:30 P.M.

27
3:30 P.M.
Until
5:30 P.M.

28
8:30 A.M.
Until
9:30 A.M.

29

30
3:30 P.M.
Until
5:30 P.M.

31
Glenwood
Meet
4:30 P.M.
Varsity – J.V.
Middle School

NOW GOALS
Do the workouts well
mentally and physically!

2010

September

NOW GOALS
Do the workouts well
mentally and physically!

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
			1 3:30 P.M. Until 5:30 P.M.	2 3:30 P.M. Until 5:30 P.M.	3 3:30 P.M. Until 5:30 P.M.	4 8:30 A.M. Until 9:30 A.M.
5	6 3:30 P.M. Until 5:30 P.M.	7 Clarinda Meet 4:30 P.M. Varsity – J.V. Middle School	8 3:30 P.M. Until 5:30 P.M.	9 3:30 P.M. Until 5:30 P.M.	10 3:30 P.M. Until 5:30 P.M.	11
12	13 Red Oak Meet 4:00 P.M. Varsity – J.V. Middle School	14 3:30 P.M. Until 5:30 P.M.	15 3:30 P.M. Until 5:30 P.M.	16 3:30 P.M. Until 5:30 P.M.	17 3:30 P.M. Until 5:30 P.M.	18 8:30 A.M. Until 9:30 A.M.
19	20 3:30 P.M. Until 5:30 P.M.	21 Creston Meet 4:00 P.M. Varsity – J.V. Middle School	22 3:30 P.M. Until 5:30 P.M.	23 Nebraska City Meet 5:30 P.M. Varsity – J.V.	24 3:30 P.M. Until 5:30 P.M.	25
26	27 3:30 P.M. Until 5:30 P.M.	28 3:30 P.M. Until 5:30 P.M.	29 3:30 P.M. Until 5:30 P.M.	30 Shenandoah Meet 4:00 P.M. Varsity – J.V. Middle School		

REALISTIC GOALS
To Place At All Meets!

2010

October

Sun

Mon

Tue

Wed

Thu

Fri
1

Sat
2

**DREAM GOALS
GO RAMS!**

Homecoming

8:30 A.M.
Until
9:30 A.M.

3

4
3:30 P.M.
Until
5:30 P.M.

5
3:30 P.M.
Until
5:30 P.M.

6
3:30 P.M.
Until
5:30 P.M.

7
Atlantic Meet
4:15 P.M.
Varsity – J.V.
Middle School

8
3:30 P.M.
Until
5:30 P.M.

9
8:30 A.M.
Until
9:30 A.M.

10

11
3:30 P.M.
Until
5:30 P.M.

12
3:30 P.M.
Until
5:30 P.M.

13
3:30 P.M.
Until
5:30 P.M.

14
Conference Meet
Harlan
4:30 P.M.
Varsity – J.V.

15
3:30 P.M.
Until
5:30 P.M.

16
Middle School
State Meet
Saydel
11:30 A.M.

17

18
Fremont Mills
Meet
Tabor
4:15 P.M.
J. V.
Middle School

19
3:30 P.M.
Until
5:30 P.M.

20
3:30 P.M.
Until
5:30 P.M.

21
Regional Meet
T.B.A.
4:00 P.M.
Varsity

22
3:30 P.M.
Until
5:30 P.M.

23

24

25
3:30 P.M.
Until
5:30 P.M.

26
2:30 P.M.
Until
3:30 P.M.
P.T. Conference

27
3:30 P.M.
Until
5:30 P.M.

28
2:30 P.M.
Until
3:30 P.M.
P.T. Conference

29
LEAVE FOR
STATE
MEET

30
STATE
MEET
FORT DODGE

31

**DREAM GOALS
CONFERENCE CHAMPS
REGIONAL CHAMPS
TOP 3 TEAMS AT STATE**

2010

November

Sun

Mon

Tue

Wed

Thu

Fri

Sat

DREAM GOALS
CONFERENCE CHAMPS-REGIONAL CHAMPS-TOP 3 TEAMS AT STATE

1

2

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4

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6

CROSS COUNTRY BANQUET – THIS WEEK T.B.A.

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GO RAMS!

2010