

2008 Centerville High School Men's Cross Country

June

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
16 First Official Practice 6pm-8 Sugarcreek	17 6-8 Forest Field	18 6-8 Sugarcreek	19 6-8 Forest Field	20	21	22
23 6-8 pm Sugarcreek	24 6-8 Forest Field	25 6-8pm Sugarcreek	26 6-8 Forest Field	27 (Olympic Trials in Eugene Oregon through June 27- July 6)	28 (Coach Somerlot and Weckesser will be in Oregon until July 7 th)	29 (Captains and seniors will run practice from July 2-July 7)

July

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
June 30 6-8pm Sugarcreek	1 6-8 Forest Field	2 6-8pm Sugarcreek	3 6-8 Forest Field	4 5k American Race @ Centerville High School 8am	5	6
7 6-8 Sugarcreek	8 6-8 Forest Field	9 6-8 Sugarcreek	10 6-8 Forest Field	11 8 AM Forest Field 2 Mile Time Trial	12 9am Forest Field	13
14 6-8pm Sugarcreek	15 6-8 Forest Field	16 6-8pm Sugarcreek	17 6-8 Forest Field	18 8am Forest Field 2 mile Time Trial	19 9am Forest Field	20
21 6-8pm Sugarcreek	22 6-8 Forest Field	23 6-8pm Sugarcreek	24 6-8 Forest Field	25 8am Forest Field	26	27

August

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
July 28 6-8pm Sugarcreek All Forms need to be turned in. NEW Parent Meeting 7pm in West Commons date	July 29 6-8pm Stubbs	July 30 6-8pm Sugarcreek	July 31 6-8pm AE	1 8am Sugarcreek	2 9am Forest Field	3 Alumni Run and Dayton 5k Road Championships-Centerville High School 10am
4 5pm-6:30pm AE No parent meeting. Rescheduled for 7/28	5 6-8pm Stubbs	6 6-8pm Sugarcreek	7 6-8 pm Stubbs	8 9:00AM Magsig for Team Pictures Practice @ Stubbs Park until 11:30 Canoe Trip follows	9 Team Time Trial for Varsity Forest Field 8am	10 Open Lifting at 5:30 PM
11 6-8 PM Forest Field	12 6-8pm Stubbs	13 6-8pm Sugarcreek	14 6-8 pm Stubbs	15 9 AM Indian Riffle Park	16 9 am Forest Field	17 Open Lifting at 5:30 PM
18 Fairmont Zoo Invitational 2 Mile Race	19 3:30 PM AE	20 First Day of School 3:30 PM Forest Field	21 3:30 AE	22 3:30 PM Sugarcreek	23 Hot Summer Bash West Milton Invite Moeller Invite	24 Open Lifting at 5:30 PM
25 3:30 pm Forest Field	26 AE- 3:00PM lift first	27 3:30 AE	28 AE- 3:00PM Lift first	29 AE- 3:00	30 Greenville Miamisburg Lebanon	31

FF= Forest Field (meet at shelter)

SC= Sugarcreek (meet at shelter)

AE- Athletic Entrance (meet inside school-outside of weight room doors)

Open Lifting is all summer and all school year from 5:30pm-7pm on Tuesday, Thursday and Sunday.

Summer vacation? Coach Weckesser will pass out specific running schedules will athlete meeting in May for novice through expert.