

2022

<- JULY

SEPTEMBER ->

# AUGUST Cross Country

M	T	W	T	F	S	S	
1	2	3	4	5	6	7	
8	9	10	11	12	13	14	
15	16	17	18	19	20	21	
22	23	24	25	26	27	28	
29 Practice 3-4:15	30 Practice 3-4:15	31 Practice 3-4:15	1 Practice 3-4:58	2	3	4	
5	6 Practice 3-4:15	7 Practice 3-4:15	8 Practice 3-4:15	9 Practice 3-4:15	10	11	

2022

<- AUGUST

OCTOBER ->

# SEPTEMBER Cross Country

M	T	W	T	F	S	S
29	30	31	1 Practice 3-4:15	2	3	4
5	6 Practice 3-4:15	7 Practice 3-4:15	8 Practice 3-4:15	9 Practice 3-4:15	10	11
12 Practice 3-4:15	13 Practice 3-4:15	14 Practice 3-4:15	15 Meet 4:00 @ CHRHS Boys first	16 Practice 3-4:15	17	18
19 Practice 3-4:15	20 Practice 3-4:15	21 Practice 3-4:15	22 Meet 4:00 @ Troy Howard girls first	23 Practice 3-4:15	24	25
26 Practice 3-4:15	27 Practice 3-4:15	28 Practice 3-4:15	29 Home Meet 4:00 Boys first	30 Practice 3-4:15	1	2
3 Practice 3-4:15	4 Practice 3-4:15	5 Practice 3-4:15	6 Meet 4:00 @ Searsport Girls first	7 Practice 3-4:15	8	9

2022

<- SEPTEMBER NOVEMBER ->

# OCTOBER Cross Country

M	T	W	T	F	S	S
26	27	28	29	30	1	2
3 Practice 3-4:15	4 Practice 3-4:15	5 Practice 3-4:15	6 Meet 4:00 @ Searsport Girls first	7 Practice 3-4:15	8	9
10 No Practice	11 Practice 3-4:15	12 Practice 3-4:15	13 Meet 4:00 @ Gr Salt Bay Bovs first	14 Practice 3-4:15	15	16
17 Practice 3-4:15	18 Practice 3-4:15	19 Practice 3-4:15	20 10/20 Championship Meet @ Troy Howard Girls first 3:45, Boys 4:30	21	22	23
24	25	26	27	28	29	30
31	1	2	3	4	5	6