

◀ September		~ October 2011 ~					November ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
						1 KENNEDALE CROSS COUNTRY MEET 7:30 AM <i>Veterans Park</i>	
2	3 Morning practice 6:20 AM, Track After School Practice, 2:45 PM, Track	4 Morning practice 6:20 AM, Track After School Practice, 2:45 PM, Track	5 Morning practice 6:20 AM, Track After School Practice, 2:45 PM, Track	6 Morning practice 6:20 AM, Track After School Practice, 2:45 PM, Track Natatorium	7 Morning practice 6:20 AM, Track After School Practice, 2:45 PM, Track, Pre-meet	8 TEXAS WESLAYEN RAM RAMBLE MEET 8:30 am <i>Copperas Branch Park</i>	
9	10 Morning practice 6:20 AM, Track After School Practice, 2:45 PM, Track	11 Morning practice 6:20 AM, Track After School Practice, 2:45 PM, Track	12 Morning practice 6:20 AM, Track After School Practice, 2:45 PM, Track	13 Morning practice 6:20 AM, Track After School Practice, 2:45 PM, Track, Pre-meet	14 MANSFIELD INVITATIONAL TBD Valley Ridge Park	15 OFF Run 45 minutes on your own Abs Calf Raisers	
16	17 Morning practice 6:20 AM, Track After School Practice, 2:45 PM, Track	18 Morning practice 6:20 AM, Track After School Practice, 2:45 PM, Track	19 Morning practice 6:20 AM, Track After School Practice, 2:45 PM, Pre Meet	20 District Practice Meet with TBD, Town Park, 3:30 PM	21 HALLOWEEN FUN RUN BRING YOUR COSTUMES 2:45 PM	22 OFF, REST YOUR LEGS!	
23	24 Morning practice 6:20 AM, Track After School Practice, 2:45 PM, Track	25 Morning practice 6:20 AM, Track After School Practice, 2:45 PM, Track, Pre-meet	26 District 5 AAAAA Championships, Midlothian, TX TIME TBA	27 Morning practice 7:15 AM, Track After School Practice, 2:45 PM, Track <i>for Regional qualifiers</i>	28 Morning practice 7:15 AM, Track After School Practice, 2:45 PM, Track <i>for Regional qualifiers</i>	29 REGIONAL QUALIFIERS MEET AT 8 AM for 200's!!!	
30	31 Morning practice 7:15 AM, Track After School Practice, 2:45 PM, Track <i>for Regional qualifiers</i>	Notes:					