

◀ August		~ September 2011 ~					October ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
				1 Morning practice 6:20 AM, Track After School Practice, 2:45 PM, Track	2 INTRASQUAD FUN RUN, TOWN PARK <i>Immediately following school</i>	3 Off for Labor Day Weekend, 30-60 minute run Abs Strides	
4	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	7 Morning practice 6:20 AM, Track Run for Funds Fundraiser and Family Fun Run, Town Park 6:00 PM	8 Morning practice 6:20 AM, Track After School Practice, 2:45 PM, Track	9 No morning practice, Track- 7:10 am After School Practice, 2:45 PM, Track- Pre Meet	10 SOUTHLAKE CARROLL INVITATIONAL 8 AM	
11	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	14 Morning practice 6:20 AM, Track After School Practice, 2:45 PM, Track Warrior Dash	15 Morning practice 6:20 AM, Track After School Practice, 2:45 PM, Track	16 No morning practice, Track- 7:10 am After School Practice, 2:45 PM, Track- Pre Meet	17 FLOWER MOUND INVITATIONAL <i>Gerault Park</i>	
18	19 Morning practice 6:20 AM, Track After School Practice, 2:45 PM, Track	20 Morning practice 6:20 AM, Track After School Practice, 2:45 PM, Track	21 Morning practice 6:20 AM, Track After School Practice, 2:45 PM, Track	22 Morning practice 6:20 AM, Track After School Practice, 2:45 PM, Track Scavenger Hunt Run	23 No morning practice, Track- 7:10 am After School Practice, 2:45 PM, Track- Pre Meet	24 MARCUS II INVITATIONAL <i>Valley Ridge Park</i>	
25	26 Morning practice 6:20 AM, Track After School Practice, 2:45 PM, Track	27 Morning practice 6:20 AM, Track After School Practice, 2:45 PM, Track	28 Morning practice 6:20 AM, Track After School Practice, 2:45 PM, Track Singalong Run	29 Morning practice 6:20 AM, Track After School Practice, 2:45 PM, Track	30 No morning practice, Track- 7:10 am After School Practice, 2:45 PM, Track- Pre Meet	Notes:	