**2022 Fall XC Season – Weeks 1-4**

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| **August 14- Sunday** | **15- Monday** | **16- Tuesday** | **17- Wednesday** | **18- Thursday** | **19- Friday** | **20- Saturday** |
| *2022 Fall XC Season Eve! Enjoy your last Sunday before season begins. Get plenty of sleep!* | 1st official day of the 2022 XC Season!  Practice this morning @7:30am! Meet outside Doghouse! | *Practice this morning @7:30am!*  *Meet outside Doghouse!* | *Practice this morning @7:30am!*  *Meet outside Doghouse!* | *Practice this morning @7:30am!*  *Meet outside Doghouse!* | *Practice this morning @7:30am!*  *Meet outside Doghouse!* | 2022 Intrasquad & Alumni Invitational @EC City Wells  ***Team Picnic After!*** |

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| **21- Sunday** | **22- Monday** | **23- Tuesday** | **24- Wednesday** | **25- Thursday** | **26- Friday** | **27- Saturday** |
| Off Day.  Run on your own if you are feeling good. | *Practice @3:15pm after school! Meet outside Doghouse!* | *Practice @3:15pm after school! Meet outside Doghouse!*  ***Equipment Handout*** | *Practice @3:15pm after school! Meet outside Doghouse!* | *Practice @3:15pm after school! Meet outside Doghouse!*  ***Pasta Feed after practice!*** | *Practice @3:15pm after school! Meet outside Doghouse!* | Husky Invite @EC City Wells  (North athletes arrive early to help finish setup) |

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| **28- Sunday** | **29- Monday** | **30- Tuesday** | **31- Wednesday** | **Sept. 1- Thursday** | **2- Friday** | **3- Saturday** |
| Off Day.  Run on your own if you are feeling good. | *Practice @3:15pm after school! Meet outside Doghouse!* | *Practice @3:15pm after school! Meet outside Doghouse!* | *Practice @3:15pm after school! Meet outside Doghouse!* | 1st official day of the school year!  *Practice @3:15pm after school! Meet outside Doghouse!*  ***Pasta Feed after practice!*** | *Practice @3:15pm after school! Meet outside Doghouse!* | Verona Invitational @Verona HS  (Overnight Trip) |

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| **4- Sunday** | **5- Monday** | **6- Tuesday** | **7- Wednesday** | **8- Thursday** | **9- Friday** | **10- Saturday** |
| Return home to EC from overnight trip! | *Practice @3:15pm after school! Meet outside Doghouse!* | *Practice @3:15pm after school! Meet outside Doghouse!* | *Practice @3:15pm after school! Meet outside Doghouse!* | *Practice @3:15pm after school! Meet outside Doghouse!*  ***Pasta Feed after practice!*** | *Practice @3:15pm after school! Meet outside Doghouse!* | Mustang Relays @Menomonie HS |