



AUGUST



Head Coach

Scott Friedlander
sfriedlander@dist113.org
847-207-4040

MON	TUE	WED	THU	FRI	SAT	SUN
			1	2	3 Alumni Run! Meet on Back 40 Spectators Welcome Team arrives 9:00am Run starts 10:00am	4
5	6	7	8	9	10	11
12 XC Begins! Practice 8:00am	13 Practice 8:00am	14 Practice 3:30 First Day of School	15 Practice 3:30	16 Practice 3:30	17 Practice 7:00am	18
19 Practice 3:30	20 Practice 3:30	21 Practice 3:30	22 Practice 3:30	23 Practice 3:30	24 Practice 7:00am Parent Mtg 10:30am	25
26 Practice 3:30 Practice 6:30AM Heat advisory	27 Practice 3:30 Picture Day 5:15 Bring Uniform	28 Practice 3:30	29 RACE! vs. Zion-Benton, Grayslake North @Deerfield HS Deerfield, IL	30 Practice 3:30	31 Practice 7:00am	

The season calendar is subject to change.

Please communicate in advance if a conflict arises, but do your best to minimize conflicts.

All summer events before Aug 12 are optional.

Purple Text = Probable but not yet confirmed.





SEPTEMBER



Head Coach

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MON	TUE	WED	THU	FRI	SAT	SUN
2 Practice 7:00am No School Labor Day	3 Practice 3:30	4 RACE! Lake County Inv. @Lakes HS Lake Villa, IL (Open House early release)	5 Practice 3:30	6 Practice 3:30	7 RACE! Red Devil Invite @Katherine Legge Park, Hinsdale, IL	8
9 Practice 3:30	10 Practice 3:30	11 Practice 3:30	12 Practice 3:30	13 Practice 3:30* Travel To Peoria* Bus @ TBD	14 RACE!* Lake Park Invite @Lake Park HS, Roselle, IL RACE!* FTTF Invite @Detweiller Park, Peoria, IL	15
16 Practice 3:30	17 RACE! CSL S Quad #1 vs. MS, EV, GBN @Maine South HS Park Ridge, IL	18 Practice 3:30	19 Practice 3:30	20 Practice 3:30	21 Practice 7:00am Banana Relay! @Busse Woods	22
23 Practice 3:30	24 RACE! CSL S Quad #2 vs. NT, EV, GBS @Deerfield HS Deerfield, IL **SENIOR NIGHT**	25 Practice 3:30	26 Practice 3:30	27 Practice 3:30	28 RACE! Grant Invite @Bulldog Athletic Complex Ingleside, IL	29
30 Practice 3:30						

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Please communicate in advance if a conflict arises, but do your best to minimize conflicts.

*Split Squad: Team competes/practices in two different locations.

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OCTOBER



Head Coach

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MON	TUE	WED	THU	FRI	SAT	SUN
	1 Practice 3:30	2 Practice 3:30	3 No School No Practice Rosh Hashanah	4 Practice 3:30	5 RACE! Pat Savage Inv. @Niles West HS Skokie, IL	6
7 Practice 3:30	8 Practice 3:30	9 Practice 3:30	10 Practice 3:30	11 Practice 3:30	12 No Practice Yom Kippur	13
14 Practice 8:00am No School	15 Practice 3:30	16 Practice 3:30	17 Practice 3:30	18 Practice 3:30	19 RACE! CSL Championships @Deerfield HS Deerfield, IL	20
21 Practice 3:30 <i>Season over for non- varsity. All practices now optional for non-varsity runners.</i>	22 Practice 3:30	23 Practice 3:30	24 Practice 3:30	25 Practice 3:30	26 RACE! IHSA Regionals @TBD TBD, IL	27
28 Practice 3:30	29 Practice 3:30	30 Practice 3:30	31 Practice 3:30			

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NOVEMBER



Head Coach

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MON	TUE	WED	THU	FRI	SAT	SUN
				1 Practice 3:30	2 RACE! IHSA Sectionals @TBD TBD, IL	3
4 Practice 3:30	5 Practice 8:00am No School	6 Practice 3:30	7 Practice 3:30	8 Travel To State Bus @TBD	9 RACE! IHSA State Championships @Detweiller Park Peoria, IL	10
11	12	13	14 Awards Banquet DHS Cafeteria 6:00pm	15	16 NXR Midwest is optional and not school- affiliated. It is only on the calendar because it's a popular post- season opportunity.	17 RACE! NXR Midwest!? @Laverne Gibson Cross Country Course Terre Haute, IN
18	19	20	21	22	23	24
25	26	27	28	29	30	

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