

SCHEDULE: 2015 Manhattan Cross Country Club

Practices are 5:45 p.m. to 6:30 p.m. (Mon-Tues-Thurs)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
AUG. 23	24	25	26	27	28	29
PARENTS MEETING: 4-6 p.m. at Body First Wellness, 3615 Claffin. Kids Welcome!	Season begins NE Community Park, 5:45 p.m. TREAT NIGHT; Types of running	Practice at NE Community Park, 5:45 p.m. TIME TRIAL		Practice at NE Community Park, 5:45 p.m. WATER RELAYS		
30	31	SEPT 1	2	3	4	5
	Practice at NE Community Park, 5:45 p.m. Running form (Bricks and Feathers)	Practice at NE Community Park, 5:45 p.m. TREAT NIGHT		Practice at NE Community Park, 5:45 p.m. "Fartlek"		Manhattan HS Cross Country Invitational, Warner Park, 9 a.m.
6	7	8	9	10	11	12
	LABOR Day No practice	Practice at NE Community Park, 5:45 p.m. Light Speed Workout (Relays)		Practice at NE Community Park, 5:45 p.m. TREAT NIGHT		
13	14	15	16	17	18	19
	Practice at NE Community Park, 5:45 p.m. Army Runs TREAT NIGHT	Practice at NE Community Park, 5:45 p.m.		Practice at KSU Memorial Stadium, 5:45 p.m. MARATHON RELAY		
20	21	22	23	24	25	26
	Practice at Anneberg Park, 5:45 p.m. Run Fit Challenge Courses	Practice at Anneberg Park, 5:45 p.m. "Fartlek" and TREAT NIGHT		Practice at Anneberg Park, 5:45 p.m. Pre-Meet workout		Body First School Fitness Challenge at Anneberg Park, 9 a.m.
27	28	29	30	OCT 1	2	3
	Practice at NE Community Park, 5:45 p.m. RELAYS	Practice at NE Community Park, 5:45 p.m. TIME TRIAL		Practice at NE Community Park, 5:45 pm CREAM THE COACH, and Pizza Party		Practice for postseason competitive opportunities starts Oct. 12