



AUGUST



Head Coach

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

Assistant Coaches

Sam Friedland
Robby Winter
Aaron Spak
Tracey Wool

MON	TUE	WED	THU	FRI	SAT	SUN
July 29	July 30	July 31	1	2	3	4
5	6	7	8	9	10	11
12 XC Begins! Practice 8:00am	13 Practice 7:00am	14 Practice 7:00am	15 Practice 7:00am	16 Practice 7:00am Alumni Run Pasta Dinner @5:30pm Jaycee Park	17 Practice 8:45am Alumni Run Meet on Back 40 Spectators Welcome! (Race starts @ 10am)	18
19 Practice 3:30 First Day of School	20 Practice 3:30	21 Practice 3:30	22 Practice 3:30	23 Practice 3:30	24 Practice 7:00am Parent Mtg 9am All Sports 10am XC Parents	25
26 Practice 3:30	27 Picture Day 4:30 Practice After	28 Practice 3:30	29 RACE! vs. Zion-Benton, Mather @Deerfield HS Deerfield, IL	30 Practice 3:30	31 Practice 7:00am	Sep 1

The season calendar is subject to change.

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





SEPTEMBER



MON	TUE	WED	THU	FRI	SAT	SUN
2 Banana Relay! Practice 8:00 @Old School Forest Preserve No School Labor Day	3 Practice 3:30	4 RACE! Lake County Inv. @Waukegan SportsPark Waukegan, IL	5 Practice 3:30	6 Practice 3:30	7 RACE! Hornet Red Devil Invite @Katherine Legge Park, Hinsdale, IL	8
9 Practice 3:30	10 Practice 3:30	11 Practice 3:30	12 Practice 2:30 Early Release	13 Practice 3:30	14 RACE! Lake Park Invite @Lake Park HS Roselle, IL	15
16 Practice 3:30	17 RACE! CSL Quad #1 vs. MW, NN, HP @Maine West HS Des Plaines, IL	18 Practice 3:30	19 Practice 3:30	20 Leave For Peoria Bus @TBD <i>Or Practice 3:30*</i>	21 RACE! Peoria ND Invite @Detweiller Park Peoria, IL Or practice 8:00*	22
23 Practice 3:30	24 RACE! CSL Quad #2 vs. VH, ME, MW @Deerpath Park Vernon Hills, IL	25 Practice 3:30	26 Practice 3:30	27 Practice 3:30	28 Practice 8:00am	29
30 No Practice No School Rosh Hashanah	Oct 1 Practice 3:30	Oct 2 Practice 3:30	Oct 3 Practice 3:30	Oct 4 Practice 3:30	Oct 5 RACE! Pat Savage Invite @Niles West HS Skokie, IL	Oct 6

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* Split Squad, only some runners will travel to Peoria to compete.





OCTOBER



MON	TUE	WED	THU	FRI	SAT	SUN
Sep 30 No Practice No School Rosh Hashanah	1 Practice 3:30	2 Practice 3:30	3 Practice 3:30	4 Practice 3:30	5 RACE! Pat Savage Invite @Niles West HS Skokie, IL	6
7 Practice 3:30	8 Practice 3:30 Ends at 4:30	9 No Practice No School Yom Kippur	10 Practice 3:30	11 Practice 3:30	12 RACE! Wheeling Invite @Heritage Park Wheeling, IL	13
14 Practice 8:00 No School Columbus Day	15 Practice 3:30	16 Practice 3:30 No School - Testing	17 Practice 3:30	18 Practice 3:30	19 RACE! CSL Championships @Glenbrook South Glenview, IL	20
21 Practice 3:30	22 RACE! Prospect Invite @Prospect HS Mt. Prospect, IL Or Practice 3:30*	23 Practice 3:30 <i>Season over for non- varsity. All practices now optional.</i>	24 Practice 3:30	25 Practice TBA	26 RACE! IHSA Regionals @Lake Forest West Campus Lake Forest, IL	27
28 Practice 3:30	29 Practice 3:30	30 Practice 3:30	31 Practice 3:30	Nov 1 Practice TBA	Nov 2 RACE! IHSA Sectionals @Busse Woods Elk Grove, IL	Nov 3

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NOVEMBER



MON	TUE	WED	THU	FRI	SAT	SUN
Oct 28 Practice 3:30	Oct 29 Practice 3:30	Oct 30 Practice 3:30	Oct 31 Practice 3:30	1 Practice TBA	2 RACE! IHSA Sectionals @Busse Woods Elk Grove, IL	3
4 Practice 3:30	5 Practice 3:30	6 Practice 3:30	7 Practice 3:30	8 Leave for Peoria Bus @ TBD	9 RACE! IHSA State Championships @Detweiller Park Peoria, IL	10
11 Practice 8:00 No School Veterans Day	12 Practice 3:30	13 Practice 3:30	14 Practice 3:30	15 Leave for Terre Haute Details TBD	16 RACE!? NXR Midwest!? @Laverne Gibson Cross Country Course Terre Haute, IN	17
18	19 End Of Season Banquet 6:30 - Cafeteria	20	21	22	23	24
25	26	27	28	29	30	Dec 1

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