AUGUST

MON	TUE	WED	THU	FRI	SAT	SUN
31	**1**	**2**	**3**	**4**	**5**	**6**
7 **XC Begins!** **Practice 8:00am**	**8** **Practice 7:00am**	**9** **Practice 7:00am**	**10** **Practice 7:00am**	**11** **Practice 7:00am**	**12** **Practice 7:00am**	**13**
14 **Practice 7:00am**	**15** **Practice 7:00am**	**16** **Practice 3:30** **First Day of School** 6pm DHS New Athlete Orientation	**17** **Practice 3:30**	**18** **Practice 3:30** Warrior Nation Night	**19** **Practice 7:00** **Parent Mtg 10:30am**	**20**
21 **Practice 3:30**	**22** **Practice 3:30**	**23** **Practice 3:30**	**24** **RACE!** **vs. Zion-Benton, Mather, Warren** @Deerfield HS Deerfield, IL	**25** **Practice 3:30**	**26** **Practice 7:00am**	**27**
28 **Practice 3:30** **Picture Day @5:10 – BRING UNIFORM**	**29** **Practice 3:30**	**30** **RACE!** **Lake County Inv.** @Bulldog Athletic Complex Ingleside, IL	**31** **Practice 3:30**			

SEPTEMBER

Head Coach
Scott Friedlander
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847-207-4040

Assistant Coaches
Bill Anderson
Andrew Gorden
Tracey Friedlander
Darryl Rosen

MON	TUE	WED	THU	FRI	SAT	SUN
				1 Practice 3:30	**2** **RACE!** **Hornet Red Devil Invite** @Katherine Legge Park, Hinsdale, IL	**3**
4 **Practice 7:00am** **Banana Relay!** **@Busse Woods**	**5** Practice 3:30 Spike Night at Fleet Feet Deerfield	**6** Practice 3:30	**7** **Practice TBD** (Open House early release)	**8** Practice 3:30* _____ **Leave For Peoria*** **Bus @TBD**	**9** **RACE!*** **Lake Park Invite** @Lake Park HS, Roselle, IL **RACE!*** **FTTF Invite** @Detweiller Park, Peoria, IL	**10**
11 Practice 3:30	**12** Practice 3:30	**13** Practice 3:30	**14** Practice 3:30	**15** Practice 3:30	**16** **No Practice** **Rosh Hashanah** **Kippur**	**17**
18 Practice 3:30	**19** **RACE!** **CSL S Quad #2** **vs. MS, GBS, GBN** @Glenbrook North HS Northbrook, IL	**20** Practice 3:30	**21** Practice 3:30	**22** Practice 3:30	**23** **RACE!** **Grant Invite** @Bulldog Athletic Complex Ingleside, IL	**24**
25 **No Practice** **No School** **Yom Kippur**	**26** **RACE!** **CSL S Quad #3** **vs. NT, EV, GBN** **And Senior Day!** @Deerfield HS Deerfield, IL	**27** Practice 3:30	**28** Practice 3:30	**29** Practice 3:30	**30** **RACE!** **Pat Savage Inv.** @Niles West HS Skokie, IL	**Oct 1**

The season calendar is subject to change.

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

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

OCTOBER

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MON	TUE	WED	THU	FRI	SAT	SUN
2 Practice 3:30	3 Practice 3:30	4 Practice 3:30	5 Practice 3:30	6 RACE! Lakes Sunset @Lakes HS Lake Villa, IL	7 Practice 8:00am @Vernon Hills	8
9 Practice 8:00am No School	10 Practice 3:30	11 Practice 3:30	12 Practice 3:30	13 Practice 3:30	14 RACE! CSL Championships @Vernon Hills HS Vernon Hills, IL	15 Volunteer Opportunity GIPPCC Butterfly Run! @Busse Woods Grove 26 Elk Grove Village, IL Arrive at 8:30am
16 Practice 3:30 *Season over for non-varsity. All practices now optional for non-varsity runners.*	17 Practice 3:30	18 Practice 3:30	19 Practice 3:30	20 Practice 3:30	21 RACE! IHSA Regionals @TBD TBD, IL	22
23 Practice 3:30	24 Practice 3:30	25 Practice 3:30	26 Practice 3:30	27 Practice 3:30	28 RACE! IHSA Sectionals @TBD TBD, IL	29
30 Practice 3:30	31 Practice 3:30					

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NOVEMBER

Head Coach
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Assistant Coaches
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Tracey Friedlander
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MON	TUE	WED	THU	FRI	SAT	SUN
		1 Practice 3:30	**2** Practice 3:30	**3** Practice 3:30	**4** RACE! IHSA State Championships @Detweiller Park Peoria, IL	**5**
6	**7**	**8**	**9**	**10**	**11** NXR Midwest is optional and not school-affiliated. It is only on the calendar because it's a popular post-season opportunity.	**12** RACE! NXR Midwest!? @Laverne Gibson Cross Country Course Terre Haute, IN
13	**14**	**15**	**16**	**17**	**18**	**19**
20	**21**	**22**	**23**	**24**	**25**	**26**
27	**28**	**29**	**30**			

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