

August 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
15	16 Summer Run 8:30am at DMS	17	18 Summer Run 8:30am at DMS	19	20	21 No Practice
22	23 First Day of Practice Practice @ 3:30- 5:30 Meet at the HS JH Parent's Meeting @ 5:30-6:00	24 Practice 3:30- 5:30 Meet at the HS	25 Practice 3:30- 5:30 Meet at the HS	26 Practice 3:30- 5:30 Meet at the HS Mini-golf/ ice cream team activity, 7:00 pm, meet at the HS	27 Practice 3:30- 5:30 Meet at the HS	28 No Practice
29	30 Practice after School, 3:15-5:15 at DMS	31 Practice after School, 3:15-5:15 at DMS				

September 2009

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30 Practice after School, 3:15-5:15 at DMS	31 Practice after School, 3:15-5:15 at DMS	1 Practice after School, 3:15-5:15 at DMS	2 Meet/ Time Trial @ John Rudy Park	3 No Practice Run on own	4 No Practice
5	6 Labor Day No Practice Run on own	7 Meet @ Lebanon, South Hills Park	8 Practice after School, 3:15-5:15 at DMS	9 Practice after School, 3:15-5:15 at DMS	10 Practice after School, 3:15-5:15 at HS	11 Optional Practice @ 9:00 am Meet at Maytown, Fuhrman Park
12	13 Practice after School, 3:15-5:15 at HS	14 Meet @ Home	15 Practice after School, 3:15-5:15 at DMS	16 Practice after School, 3:15-5:15 at DMS	17 Practice after School, 3:15-5:15 at DMS	18 JR High Annville Invite at South Hills Park
19	20 Practice after School, 3:15-5:15 at DMS	21 Meet @ Lancaster Catholic	22 Practice after School, 3:15-5:15 at DMS	23 Practice after School, 3:15-5:15 at HS	24 Early Dismissal No Practice Run on own	25
26	27 Practice after School, 3:15-5:15 at HS	28 Meet @ Home Potluck Dinner Senior Recognition	29 Practice after School, 3:15-5:15 at DMS	30 Practice after School, 3:15-5:15 at DMS	1 Practice after School, 3:15-5:15 at DMS	2

October 2009

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3	4 Practice after School, 3:15-5:15 at DMS	5 Meet @ Northern Lebanon	6 Practice after School, 3:15-5:15 at DMS	7 Practice after School, 3:15-5:15 at DMS	8 No Practice Run on own	9 Optional Practice @ 9:00 am Meet at Maytown, Fuhrman Park
10	11 No Practice Run on own	12 Meet @ Hempfield	13 Practice after School, 3:15-5:15 at DMS	14 Practice after School, 3:15-5:15 at DMS	15 Practice after School, 3:15-5:15 at DMS	16 JR High LMH Invite