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| October | |
| 2017 | |
| Lynnville-Sully Cross Country | There is no glory in training, but without training there is no glory. |

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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|  | North Polk Meet | 3:40-5:15  LIFTING | 3:40-5:15  JH 9th period | 3:40-5:15  LIFTING | 3:40-4:45  JH 9th period |  |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
|  | 3:40-5:15  LIFTING  JH 9th period | 3:40-5:15 | 3:40-5:15  JH 9th period | SICL Conf Meet @  Colfax-Mingo | 3:40-5:00  LIFTING  JH 9th period | JH State Meet @  Ankeny Centennial |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
|  | 3:40-5:15  LIFTING | 3:40-5:15 | 3:40-4:45  Team Supper At School 5:00 | 1:00 Dismissal  State Qualifying Meet @ TBD | 3:40-4:30  LIFTING |  |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
|  | 3:40-5:15  LIFTING | 3:40-5:15 | 3:40-5:15  LIFTING | 3:40-5:15 | NO SCHOOL  3:45-4:30 | HS State Meet @  Fort Dodge |
| 29 | 30 | 31 |  |  |  |  |
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