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| September |
| 2017 |
| Lynnville-Sully Cross Country | Don’t run away from challenges. Run OVER them!! |

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| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  |  |  | 1 | 2 |
|  |  |  |  |  | 3:40-4:45JH 9th period | Pella MeetHS Only |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
|  | NO SCHOOLPractice 8:00-9:15am | Grinnell Meet | 3:40-5:15LIFTINGJH 9th period | 1:00 DismissalColfax-Mingo Meet | 3:40-5:00LIFTINGJH 9th Period |  |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
|  | Pleasantville MeetHS OnlyNo JH Practice | 3:40-5:15LIFTING | 3:40-5:15JH 9th period | HOME MEET  | 3:40-5:00LIFTINGJH 9th period |  |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
|  | 3:40-5:15JH 9th Period | 3:40-5:15LIFTING | 3:40-5:15JH 9th period | PCM Meet | 3:40-5:00LIFTINGJH 9th Period |  |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| HOMECOMINGWEEK -> -> -> | 3:40-5:15 | Williamsburg Meet | 3:40-5:15LIFTINGJH 9th period | 1:00 Dismissal3:45-5:00 JH 9thperiodCoronation Night | 2:00 Dismissal/ParadeAfter parade-4:30 |  |
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