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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 | 3:40-5:15LIFTING | 3:40-5:15JH 9th period | 3:40-5:15LIFTING | 3:40-4:45JH 9th period |  |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
|  | 3:40-5:15LIFTINGJH 9th period | 3:40-5:15 | 3:40-5:15JH 9th period | SICL Conf Meet @ Colfax-Mingo | 3:40-5:00LIFTINGJH 9th period | JH State Meet @Ankeny Centennial |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
|  | 3:40-5:15LIFTING | 3:40-5:15 | 3:40-4:45Team Supper At School 5:00 | 1:00 DismissalState Qualifying Meet @ TBD | 3:40-4:30LIFTING |  |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
|  | 3:40-5:15LIFTING | 3:40-5:15 | 3:40-5:15LIFTING | 3:40-5:15 | NO SCHOOL3:45-4:30 | HS State Meet @ Fort Dodge |
| 29 | 30 | 31 |  |  |  |  |
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