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| September | |
| 2018 | |
| Lynnville-Sully Hawks XC | 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 |
|  |  |  |  |  |  | Pella Meet (7:45)  HS Only |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
|  | NO SCHOOL  JH & HS Practice  8:00-9:15 | Grinnell Meet (2:45)  HS & JH  Team Picnic Night | 3:40-5:15 | 1:00 Dismissal  3:40-5:15  JH 9th Period | 3:40-4:45  JH 9th Period | Practice?? TBD |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
|  | Pleasantville Meet (3:15)  HS Only  JH Practice?? | 3:40-5:15 | 3:40-5:15  JH 9th Period | Home Meet (3:15  HS & JH | 3:40-4:45  JH 9th Period | Practice?? TBD |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
|  | 3:40-5:15 | 3:40-5:15 | 3:40-5:15  JH 9th Period | PCM Meet (3:00)  HS & JH | 3:40-4:45  JH 9th Period | Practice?? TBD |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| Homecoming Week -> -> | 3:40-5:15 | Williamsburg Meet (2:30)  HS & JH | 3:40-5:15  JH 9th Period | 1:00 Dismissal  JH 9th Period  Coronation/Pep Rally | 2:00 Dismiss Parade Day  3:40-4:45  JH 9th Period | Practice?? TBD |
| 30 |  |  |  |  |  |  |
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