

# BJHS Cross Country September 2019

All Practices are at Brunswick Junior High

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9 Practice 2:40-4:00	10 Practice 2:40-4:00	11 Practice 2:40-4:00	12 Practice 2:40-4:00 Parent Mtg, 3:50pm by the Red Shed	13 Practice 2:40-4:00	14
15	16 Practice 2:40-4:00	17 Practice 2:40-3:30	18 Meet #1; 4pm Home At BJHS w/Auburn, Mt Ararat	19 No Practice Recovery Day	20 Practice 2:40-4:00	21
22	23 Practice 2:40-4:00	24 Practice 2:40-3:30	25 Meet #2; 4pm at Mt. Ararat w/Lewiston, Oxford Hills	26 No Practice Recovery Day **XC Meet at 4pm at BHS...come support the HS team!**	27 Practice 2:40-4:00	28
29	30 Meet #3; 4pm at Oxford Hills w/Mt. Ararat					

# BJHS Cross Country October 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 No Practice Recovery Day	2 Practice 2:40-4:00	3 Practice 2:40-4:00	4 Practice 2:40-4:00	5
6	7 Meet #4; 4pm at BJHS w/Oxford Hills	8 No Practice Recovery Day	9 Practice 2:40-3:30	10 Practice 2:40-4:00	11 No School No Practice	12
13	14 No School No Practice	15 Practice 2:40-3:30	16 Meet #5 Championship Meet Time TBD	17	18	19
20	21	22	23	24	25	26

NOTE: Boys run first at meets, then girls  
TBD, End of Season Ice Cream Party at BJHS!