

ILS CROSS COUNTRY 2016 PRACTICE & MEET SCHEDULE

Mon	Tue	Wed	Thu	Fri
22 Practice until 4:15 pm	23	24 Practice until 4:15 pm	25	26 Practice until 4:15 pm
29 Practice until 4:15 pm	30	31 Practice until 4:15 pm	1 Sep	2 MEET @ Foundation
5 NO SCHOOL	6	7 Practice until 4:15 pm	8	9 Practice until 4:15 pm
12 Practice until 4:15 pm	13	14 Practice until 4:15 pm	15	16 MEET @ Bell Shoals
19 Practice until 4:15 pm	20	21 Practice until 4:15 pm	22	23 Practice until 4:15 pm
26 Practice until 4:15 pm	27	28 NO SCHOOL	29 NO SCHOOL	30 NO SCHOOL MEET @ Foundation
3 Oct Practice until 4:15 pm	4	5 Practice until 4:15 pm	6	7 Practice until 4:15 pm
10 Practice until 4:15 pm	11	12 Practice until 4:15 pm	13	14 MEET @ Holloway Park, Lakeland