




## 2019 Lux Cross Country Schedule

### August


Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
19 Practice 3-4:30	20 Practice 3-4:30	21 Practice 3-4:30	22 Practice 3-4:30	23 Practice 3-4:30	24
26 Practice 3-4:30	27 PLC No Practice	28 Practice 3-4:30	29 Practice 3-4:30	30 Practice 3-4:30	31

### September

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 NO SCHOOL	3 Practice 3-4:30	4  Practice 3-4:30	5 Practice 3-4:30	6 Practice 3-4:30	7
9 Practice 3-4:30	10 No Practice Staff Meeting	11 Practice 3-4:30	12 Practice 3-4:30	13 Practice 3-4:30	14 XC Meet @ Roper Park 9am
16 Practice 3-4:30	17 Practice 3-4:30	18 Practice 3-4:30	19 Practice 3-4:30	20 Practice 3-4:30	21 XC Meet@ Roper Park 9am
23 No Practice Conferences	24 PLC Day No Practice	25 Practice 3-4:30	26 No Practice Conferences	27 Practice 3-4:30	28 XC Meet @ Pioneers Park 9am
30 Practice 3-4:30					

Schedule continues on back...flip over...

## October

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Practice 3-4:30	 2 Practice 3-4:30	3 Practice 3-4:30	4 All City XC Meet @ 4:30Pioneers Park	5

THE GIRLS RACES START AT 9:00 AM WITH THE GIRLS AND THE BOYS' RACE WILL FOLLOW AT 9:30 AM.

(See back for additional information)

- All City Meet will be held on Friday, October 4th in conjunction with the LPS High School Meet hosted by East High at Pioneers Park. The schedule will be: 4:00 HS Girls; 4:30 MS Girls; 5:00 HS Boys; 5:30 MS Boys
- Competition Distance for all middle school races will be 4000m for all meets.

**All students need to join and access Google Classroom, Fall Intramurals, through the code, nu0k06 (Those are zeroes). I will post schedules, cancellation information and schedule adjustments here. Check often for updates.**

If you have questions or concerns please contact the Lux Athletic Director, Corie Lubash.  
clubash@lps.org or 402-436-1220.