

**Spartan Sports**  
**Cross Country Schedules**  
**Practices and Races**



Date	Event	Time	Location
September 21 <sup>st</sup>	Practice	3:30pm -5pm	St. Luke Field
September 23 <sup>rd</sup>	Practice	9am-10:30am	St. Luke Field
September 25 <sup>th</sup>	Practice	3:30pm-5pm	St. Luke Field
September 26 <sup>th</sup>	Practice	3:30pm-4:30pm	St. Luke Field
September 27 <sup>th</sup>	Race	4:30pm	Cardinal Newman High School
September 30 <sup>th</sup>	Practice	9am-10:30am	St. Luke Field
October 2 <sup>nd</sup>	Practice	3:30pm -5pm	St. Luke Field
October 3 <sup>rd</sup>	Practice	3:30pm-4:30pm	St. Luke Field
October 4 <sup>th</sup>	Race	4:30pm	Cardinal Newman High School
October 7 <sup>th</sup>	Practice	9am-10:30am	St. Luke Field
October 9 <sup>th</sup>	Practice	3:30pm -5pm	St. Luke Field
October 10 <sup>th</sup>	Practice	3:30pm-4:30pm	St. Luke Field
October 11 <sup>th</sup>	Race	4:30pm	Cardinal Newman High School
October 14 <sup>th</sup>	Practice	9am-10:30am	St. Luke Field
October 16 <sup>th</sup>	Practice	3:30pm -5pm	St. Luke Field
October 17 <sup>th</sup>	Practice	3:30pm-4:30pm	St. Luke Field
October 18 <sup>th</sup>	Race	4:30pm	Cardinal Newman High School
October 21 <sup>st</sup>	Practice	9am-10:30am	St. Luke Field
October 23 <sup>rd</sup>	Practice	3:30pm -5pm	St. Luke Field
October 24 <sup>th</sup>	Practice	3:30pm-4:30pm	St. Luke Field
October 25 <sup>th</sup>	Race	4:30pm	Cardinal Newman High School
October 28 <sup>th</sup>	Practice	9am-10:30am	St. Luke Field
October 30 <sup>th</sup>	Practice	3:30pm -5pm	St. Luke Field
October 31 <sup>st</sup>	Practice	3:30pm-4:30pm	St. Luke Field
November 1 <sup>st</sup>	Championship	4:30pm	Cardinal Newman High School