

JUNE 2009

MIDVIEW HIGH SCHOOL CROSS COUNTRY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22 7-8pm @MHS 3-4 mi.LSD	23	24 7-8pm @MHS 4 mi LSD	25	26 On your own: 4 mi LSD	27 On your own: 4-5 mi LSD
28	29 7-8pm @MHS 4-5mi. Fartlek	30				

If you have any questions, please contact Coach Magyar at 440-846-1563 (home)

Or e-mail me at lmagyar@midviewk12.org

JULY 2009

MIDVIEW HIGH SCHOOL CROSS COUNTRY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 7-8pm @ Bowling Alley 5 mi.LSD &hills	2 7-8pm @MHS 5 mi LSD	3 Captains Practice TBA (4-5 miLSD)	4 OFF
5 On your own: 4 mi LSD	6 7-8pm @MHS 6 mi LSD	7 OFF	8 7-8 @ Bowling Alley 6 mi Fartlek	9 7-8pm @ MHS 6 mi LSD	10 Captains Practice TBA (4-5 miLSD)	11 On your own: 4-5 miles LSD
12 OFF	13 7-8:30pm @MHS TRACK 400's	14 On your own: 5 mi LSD	15 7-8:30 @Bowling All. 7 mi. hills	16 7-8:30pm @MHS 6 mi. LSD	17 Captains Practice TBA (4-5 miLSD)	18 On your own: 5-6 mi.LSD
19 OFF	20 7-8:30pm @ MHS TRACK 1,000's	21 On your own: 5-6 mi LSD	22 7-8:30@ Bowling All. 6 mi.hills	23 7-8:30pm @MHS 6 mi LSD	24 Captain's Practice TBA (3-4 miles LSD)	25 ROAD RACE? (let's find one!)
26 ROAD RACE? (let's find one!)	27 7:30am-9:00am @MHS 6-7 mi. LSD	28 On your own: 5 mi. LSD	29 7:30am-9:00am @ Bowling All. 6 mi. hills	30 7:30am-9:00am @MHS 6-7 mi. LSD	31 Captain's Practice TBA (4-5mi.LSD)	

TIME CHANGE ON 7/27!!!!

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AUGUST 2009

MIDVIEW HIGH SCHOOL CROSS COUNTRY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 On your own: 6-7 mi LSD
2 OFF	3 7:30-9:00am @MHS TRACK 1,000's	4 7:30-9:00am @MHS 7 mi LSD	5 7:30-9am @Bowling All 6 mi hills	6 7:30- 9am@MHS 6 mi LSD	7 Captain's Practice TBA (4-5mi.LSD)	8
9	10 7:30-9am @MHS MANDATORY PRACTICE !!!	11 7:30-9am @ MHS TRACK 400's	12 7:30-9am @ Bowling Alley 6 mi LSD	13 7:30-9am @MHS 5 mi LSF	14 8pm –12am Mid Marathon And Practice	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

AUGUST 10th is the first day of MANDATORY PRACTICE!!!!!!