

August 2023

sun		mon		tue		wed		thu		fri		sat	
				1		2		3		4		5	
6		7		8		9		10		11		12	
13		14 m High School Fall Sports Parent and Athlete Meeting		15		16		17 All HS Fall Sports First Practice m HS Cross Country Practice m HS Cross Country Practice		18 m HS Cross Country Practice m HS Cross Country Practice		19 m HS Cross Country Practice	
20		21 m HS Cross Country Practice m HS Cross Country Practice		22 m HS Cross Country Practice m HS Cross Country Practice		23 m HS Cross Country Practice m HS Cross Country Practice		24 m HS Cross Country Practice m HS Cross Country Practice		25 m HS Cross Country Practice m HS Cross Country Practice		26 m HS Cross Country Practice	
27		28 m HS Cross Country Practice m HS Cross Country Practice		29 m HS Cross Country Practice m HS Cross Country Practice		30 m Middle School Fall Sports Parent and Athlete Meeting		31 m HS XC Practice m MS Fall Sports Practices Start m MS XC Practice					

September 2023

sun		mon		tue		wed		thu		fri		sat	
										1 m High School Fall Sports Photo Day m HS XC Practice m MS XC Practice		2 m HS XC @ Essex Invitational	
3		4 m HS XC Practice		5 m HS Cross Country Practice m MS Cross Country Practice		6 m HS Cross Country Practice		7 m HS Cross Country Practice m MS Cross Country Practice		8 m HS Cross Country Practice m MS Cross Country Practice m Middle School Fall Sports & HS Golf Photo Day		9	
10		11 m HS Cross Country Practice m MS Cross Country Practice		12 m HS Cross Country Practice m MS Cross Country Practice		13 m HS XC @ St. Johnsbury m MS XC @ St. Johnsbury		14 m HS Cross Country Practice m MS Cross Country Practice m HS Girls XC @ Danville m MS XC @ Danville (NO BUS)		15 m HS Cross Country Practice m MS Cross Country Practice		16	
17		18 m HS Cross Country Practice m MS Cross Country Practice		19 m HS Cross Country Practice m MS XC @ Hartford m MS XC @ Northfield/Williamstown		20 m HS Cross Country Practice		21 m HS Cross Country Practice m MS Cross Country Practice		22 m HS Cross Country Practice m MS Cross Country Practice m Middle School Fall Sports & HS Golf Photo Day		23 m HS XC @ Manchester Invitational	
24		25 m HS Cross Country Practice m MS Cross Country Practice		26 m HS Cross Country Practice m MS Cross Country Practice		27 m MS XC @ Montpelier		28 m HS Cross Country Practice m MS Cross Country Practice		29 m HS Cross Country Practice m MS Cross Country Practice		30 m U-32 Cross Country Invitational	

October 2023

sun		mon		tue		wed		thu		fri		sat	
1		2		3		4		5		6		7	
m HS Cross Country Practice		m HS Cross Country Practice		m HS Cross Country Practice		m HS Cross Country Practice		m HS Cross Country Practice		m HS Cross Country Practice		m HS XC @ Woods Trail Run	
m MS Cross Country Practice		m MS Cross Country Practice						m MS Cross Country Practice		m MS Cross Country Practice		m MS XC @ Woods Trail Run	
8		9		10		11		12		13		14	
m HS Cross Country Practice		m HS Cross Country Practice		m MS XC @ NVAC League Meet		m HS Cross Country Practice		m HS Cross Country Practice		m HS Cross Country Practice		m HS XC @ Harwood Invitational	
		m MS Cross Country Practice				m MS Cross Country Practice		m MS Cross Country Practice		m MS Cross Country Practice		m HS XC @ Manhattan Invitational	
												m MS XC @ Harwood Invitational	
15		16		17		18		19		20		21	
m HS Cross Country Practice		m HS Cross Country Practice		m HS Cross Country Practice		m HS Cross Country Practice		m HS Cross Country Practice		m HS Cross Country Practice		m MS XC NVAC Championship Meet	
m MS Cross Country Practice		m MS Cross Country Practice						m MS Cross Country Practice		m MS Cross Country Practice		m HS XC NVAC Championship Meet	
22		23		24		25		26		27		28	
m HS Cross Country Practice		m HS Cross Country Practice		m HS Cross Country Practice		m HS Cross Country Practice		m HS Cross Country Practice		m HS Cross Country Practice		m HS XC @ State Championship Meet	
m MS Cross Country Practice		m MS Cross Country Practice		m MS Cross Country Practice		m MS Cross Country Practice		m MS Cross Country Practice		m MS Cross Country Practice			
29		30		31									

November 2023

sun		mon		tue		wed		thu		fri		sat	
							1	m HS Cross Country Practice	2		3	m HS XC @ Meet of Champions	4
	5		6		7		8		9		10	m HS XC @ New Englands	11
	12	m Fall Sports Dessert Social	13		14		15		16		17		18
	19		20		21		22		23		24		25
	26		27		28		29		30				