

Conestoga Cross Country

Aug 2018 (Central Time)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30	31	1 7pm - Plattsmouth	2	3	4
5	6 9am - First Practice	7 9am - Practice @	8 9am - Practice @	9 9am - Practice @	10 9am - Practice @	11
12	13 4pm - Practice @	14 4pm - Practice @	15 4pm - Practice @	16 4pm - Practice @	17 4pm - Practice @	18
19	20 9am - Practice @	21 4pm - Practice @	22 4pm - Practice @	23 4:30pm - Auburn	24 4pm - Practice @	25
26	27 9am - Practice @	28 4:30pm - Plattsmo	29 4pm - Practice @	30 4pm - Practice @	31 9am - JCC Invite @	1

Conestoga Cross Country

Sep 2018 (Central Time)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26	27 9am - Practice @	28 4:30pm - Plattsmo	29 4pm - Practice @	30 4pm - Practice @	31 9am - JCC Invite @	1
2	3 LABOR DAY-NO	4 4pm - Practice @	5 4pm - Practice @	6 4:30pm - Fairbury	7 4pm - Practice @	8
9	10 4pm - Practice @	11 4pm - Practice @	12 4pm - Practice @	13 4:30pm - Benningt	14 4pm - Practice @	15
16	17 9am - Practice @	18 4pm - Malcolm	19 4pm - Practice @	20 4pm - Practice @	21 4pm - Practice @	22
23	24 3pm - UNK Invite	25 4pm - Practice @	26 4pm - Practice @	27 4pm - Practice @	28 4pm - Practice @	29
30	1 9am - Practice @	2 ECNC Meet @	3 4pm - Practice @	4 4pm - Practice @	5 4pm - Practice @	6

**Conestoga Cross Country**

**Oct 2018 (Central Time)**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	1 9am - Practice @	2 ECNC Meet @	3 4pm - Practice @	4 4pm - Practice @	5 4pm - Practice @	6
7	8 9am - Practice @	9 4pm - Practice @	10 4pm - Practice @	11 C-1 Districts @	12 4pm - Practice @	13
14	15 4pm - Practice @	16 4pm - Practice @	17 4pm - Practice @	18 4pm - Practice @	19 NSAA State Meet	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3