

BVSW Cross Country Summer, Meet and Practice Schedule 2018

Training Week #	Date	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Week 12 (1)	13-Aug	Campus (3:00pm)	XC Course (3:00pm)	<i>Heritage Park #8</i> (3:00pm)	<i>Mills Farm Pool</i> (3:00pm)	Campus (3:00pm)	Black Bob Park (7:00am)	Deanna Rose* (5:30pm)
Week 13 (2)	20-Aug	<i>Heritage Park 8*</i> (3:00pm)	XC Course (3:00pm)	Track (3:00pm)	Campus (3:00pm)	Campus (3:00pm)	XC Course(7am) Breakfast (9am)	Quivira Park* (5:30pm)
Week 14 (3)	27-Aug	<i>Heritage Park 8*</i> (3:00pm)	XC Course (3:00pm)	<i>Black Bob Park</i> (3:00pm)	<i>Heritage Park #8</i> (3:00pm)	Campus (3:00pm)	Manhattan	I-Lan Park* (5:30pm)
Week 15 (4)	3-Sep	<i>Heritage Park 8*</i> (6:00pm)	XC Course (3:00pm)	<i>Deanna Rose</i> (3:00pm)	<i>Black Bob Park</i> (3:00pm)	Campus (3:00pm)	Olathe North	Deanna Rose* (5:30pm)
Week 16 (5)	10-Sep	<i>Heritage Park 8*</i> (3:00pm)	<i>Heritage Park 8</i> (3:00pm)	<i>Black Bob Park</i> (3:00pm)	<i>Deanna Rose</i> (3:00pm)	Campus (3:00pm)	MSSU	Quivira Park* (5:30pm)
Week 17 (6)	17-Sep	<i>Heritage Park 8*</i> (3:00pm)	XC Course (3:00pm)	Campus (3:00pm)	XC Course (3pm) BVSW JV	Campus (3:00pm)	Rim Rock	I-Lan Park* (5:30pm)
Week 18 (7)	24-Sep	<i>Heritage Park 8*</i> (3:00pm)	XC Course (3:00pm)	Track (3:00pm) BVSW Middle Sch	Campus (3:00pm)	Campus (3:00pm)	Griak / Baldwin JV	
Week 19 (8)	1-Oct	XC Course (3:00pm)	<i>Black Bob Park</i> (3:00pm)	Campus (3:00pm)	St. James	Campus (3:00pm)	Deanna Rose (7:00am)	
Week 20 (9)	8-Oct	XC Course (3:00pm)	<i>Heritage Park 8</i> (3:00pm)	Campus (3:00pm)	EKL	TBA	Regional Course (7:00am)	Quivira Park* (5:30pm)
Week 21 (10)	15-Oct	Campus* (3:00pm)	XC Course (3:00pm)	Track (3:00pm)	<i>Deanna Rose</i> (3:00pm)	Campus (3:00pm)	Regionals	I-Lan Park* (5:30pm)
Week 22 (11)	22-Oct	Campus* (3:00pm)	<i>Heritage Park #8</i> (3:00pm)	<i>Deanna Rose</i> (3:00pm)	Campus (3:00pm)	Rim Rock (TBA)	State	
Week 23	29-Oct		TBA	TBA	TBA	TBA	TBA	TBA
Week 24	5-Nov		TBA	TBA	TBA	TBA	TBA	NXN Heartland (Optional)

Meet in the Commons at 3:00pm EVERY DAY for a quick team meeting
Check the BVSW Cross Country website for exact meeting locations

All Practice Locations are subject to change
* - Athletes can choose between either Monday or Sunday