






NORWIN High School XC/ Track Practice Calendar

AUGUST 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4 Trail LONG Run @ Heritage Trail @ noon	5 Summer Workout @ Oak Hollow 6:30-8:00pm	6	7 Summer Workout @ Oak Hollow 6:30-8:00pm	8	9	10
11	12 1st OFFICIAL DAY!!! Time Trial @ Indian Lake --8:00 am..... 3-mile Mandatory Practice -@Oak Hollow 6:30-8:15	13 Practice 6:30-8:15 @ Oak Hollow	14 Practice 6:30-8:15 @ Oak Hollow	15 Practice 6:30-8:15 @ Oak Hollow	16 Practice 6:30-8:15 @ Oak Hollow	17
18	19 1st Day of School Practice 2:30-5:00 @ Oak Hollow	20 Practice 2:30-5:00 @ Oak Hollow	21 Practice 2:30-5:00 @ Oak Hollow	22 Practice 2:30-5:00 @ Oak Hollow	23 Practice 2:30-4:00 @ High School UNIFORM DAY	24
25	26 Practice 2:30-5:00 @ Oak Hollow	27 Practice 2:30-5:00 @ Oak Hollow	28 Practice 2:30-5:00 @ Oak Hollow	29  Practice 2:30-5:00 @ Oak Hollow OR @ Heritage Trail	30 2-Hour Dismissal NO PRACTICE	31 INVITATIONAL @ Cal U (bus TBD)
		Notes:				
		© 2011-2019 by Vertex42.com. Free to Print. https://www.vertex42.com/calendars/academic-calendar.html				

NORWIN High School XC/ Track Practice Calendar

SEPTEMBER 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 LABOR DAY Practice at Trail -meet at B-Y Park -6:30pm to 7:45 pm	3 Practice 2:30-5:00 @ Oak Hollow	4 Practice 2:30-5:00 @ Oak Hollow	5  Practice 2:30-5:00 @ Oak Hollow OR @ Heritage Trail	6 Practice 2:30-4:00 @ High School	7 Red, White, Blue Invite @Schenley Park
8	9 Practice 2:30-5:00 @ Oak Hollow	10 SECTION MEET @ Bushy Run at 4:00 pm vs. Penn Trafford, Derry	11 Practice 2:30-5:00 @ Oak Hollow	12  Practice 2:30-5:00 @ Oak Hollow OR @ Heritage Trail	13 Practice 2:30-4:00 @ High School	14 LONG RUN @ Trail at 9:00 am
15	16 Practice 2:30-5:00 @ Oak Hollow	17 SECTION MEET @ Oak Hollow at 4:00 pm vs. Greensburg, Hempfield	18 Practice 2:30-5:00 @ Oak Hollow	19  Practice 2:30-5:00 @ Oak Hollow OR @ Heritage Trail	20 Practice 2:30-4:00 @ High School	21 Blue Devil Invite @ Buhl Park Foundation Invite @Hershey (qualify)
22	23 Practice 2:30-5:00 @ Oak Hollow	24 SECTION MEET @ Oak Hollow at 4:00 pm vs. Franklin Regional, Yough	25 Practice 2:30-5:00 @ Oak Hollow	26  Practice 2:30-5:00 @ Oak Hollow OR @ Heritage Trail	27 2-Hour Dismissal NO PRACTICE	28 HOMECOMING
29	30 Practice 2:30-5:00 @ Oak Hollow	Notes:				
		© 2011-2019 by Vertex42.com. Free to Print. https://www.vertex42.com/calendars/academic-calendar.html				

NORWIN High School XC/ Track Practice Calendar

OCTOBER 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 SECTION MEET @ Latrobe HS at 4:00 pm vs. Greater Latrobe	2 Practice 2:30-5:00 @ Oak Hollow	3  Practice 2:30-5:00 @ Oak Hollow OR @ Heritage Trail	4 Practice 2:30-4:00 @ High School	5 LONG RUN @ Trail at 9:00 am
6	7 Practice 2:30-5:00 @ Oak Hollow	8 Practice 2:30-5:00 @ Oak Hollow	9 COUNTY CHAMPS @ WCCC	10  Practice 2:30-5:00 @ Oak Hollow OR @ Heritage Trail	11 Practice 2:30-4:00 @ High School	12 LONG RUN @ Trail at 9:00 am
13	14 Practice 2:30-5:00 @ Oak Hollow	15 Practice 2:30-5:00 @ Oak Hollow	16 Practice 2:30-5:00 @ Oak Hollow	17 TSTCA CHAMPS --last JV Meet @ Cal U	18 Practice 2:30-4:00 @ High School ALL TEAM!!!!	19
20	21 Practice 2:30-5:00 @ Oak Hollow WPIAL Qualifiers ONLY	22 Practice 2:30-5:00 @ Oak Hollow WPIAL Qualifiers ONLY	23 Practice 2:30-5:00 @ Oak Hollow WPIAL Qualifiers ONLY	24 WPIAL CHAMPS @ Cal U	25 NO PRACTICE	26 Practice TBD
27	28 Practice 2:30-4:45 (PIAA Qualifiers ONLY)	29 Practice 2:30-4:45 (PIAA Qualifiers ONLY)	30 Practice 2:30-4:45 (PIAA Qualifiers ONLY)	31 Practice 2:30-4:45 (PIAA Qualifiers ONLY)	1 Travel to States	2 PIAA Championships @ Hershey
		Notes: © 2011-2019 by Vertex42.com. Free to Print. https://www.vertex42.com/calendars/academic-calendar.html				