

# Westville HS Cross Country (XC) - August 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>30</b>	<b>31</b> No Contact Week	<b>1</b> No Contact Week	<b>2</b> No Contact Week	<b>3</b> No Contact Week	<b>4</b> No Contact Week	<b>5</b>
	<b>(Run on own)</b>	<b>(Run on own)</b>	<b>(Run on own)</b>	<b>(Run on own)</b>	<b>(Run on own)</b>	
<b>6</b>	<b>7</b> 6:00 pm @ Westville HS High School Track	<b>8</b> 6:00 pm @ Westville HS High School Track	<b>9</b> 6:00 pm @ Westville HS High School Track	<b>10</b> 6:00 pm @ Westville HS High School Track	<b>11</b> <b>(Run on own)</b>	<b>12</b> <b>(Run on own)</b>
<b>13</b>	<b>14</b> 6:00 pm @ ForestGlen meet by AUDUBONBARN	<b>15</b> 6:00 pm @ Kickapoo XC Course	<b>16</b> 6:00 pm @ ForestGlen meet by AUDUBONBARN	<b>17</b> 6:00 pm @ Westville HS High School Track (1st Day of School)	<b>18</b> <b>(Run on own)</b>	<b>19</b>
<b>20</b>	<b>21</b> 6:00 pm @ Westville HS High School Track	<b>22</b> 6:00 pm @ Westville HS High School Track	<b>23</b> 6:00 pm @ westville hs high school	<b>24</b> 6:00 pm @ westville hs meet in old gym	<b>25</b> 5:15 pm @ Westville HS Pizza/Pasta (Optional) Team Dinner	<b>26</b> 9am @ Paris Paris Invite
<b>27</b>	<b>28</b> 6:00 pm @ Westville meet by track	<b>29</b> 4pm @ Chrisman Tri-Meet Bus leaves at 3pm	<b>30</b> 6:00 pm @ ForestGlen meet by AUDUBONBARN	<b>31</b> 6:00 pm @ westville track		

## Westville HS Cross Country (XC) - September 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	31	1	2
					<b>(Rest)</b>	9am @ Chrisman Cow Chip Meet
					(home football game)	
3	4	5	6	7	8	9
	<b>(Rest)</b> (Labor day)	6:00 pm @ WHS High school	6:00 pm @ Kickapoo XC Course	6:00 pm @ forest glrn auborn barn	Run on your own 1 mile jog or 10 min	9am @ Paxton Paxton Invite
10	11	12	13	14	15	16
	5:30 pm @ Westville meet bb track	4:30 @ Kickapoo VC Meet	5:30 pm @ ForestGlen meet by AUDUBONBARN	Run on Own 25 min run	Rest	run on own 30 minutes
17	18	19	20	21	22	23
	5:30 pm @whs	5:30 pm @ whs	5:30 pm @ whs	5:30 pm @ whs	Rest	9am @ East Peoria East Peoria Invite
24	25	26	27	28	29	30
	5:15 pm @ ForestGlen meet by AUDUBONBARN	4pm @ Chrisman Tri-Meet	Rest day no practice	5:15 pm @ Kickapoo XC Course	<b>(Rest)</b> (home football game)	6pm @ Terre Haute Nike Twilight

## Westville HS Cross Country (XC) - October 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
	5:15 pm @ Westville HS	5:15 pm @ Westville HS		5:15 pm @ Westville HS		9am @ Lakeland
	High School Track	High School Track	(Run on own)	High School Track	(Rest) (No School)	Cumberland Invite
8	9	10	11	12	13	14
		4:00 pm @ chrisman	RUN ON OWN	5:00 pm @ forest		
	(Rest) (No School)	VVC Meet	30 min		Run on own	
15	16	17	18	19	20	21
	5:00 pm @ WHS	5:00 pm @ Kickapoo	(REST)	5:00 pm @ Westville HS		9am @ TBD
	meet by old gym	XC Course		High School Track	(Rest) (No School)	Regionals
22	23	24	25	26	27	28
	5:00 pm @ ForestGlen	5:00 pm @ Kickapoo	5:00 pm @ ForestGlen	5:00 pm @ Westville HS	5:00 pm @ ForestGlen	9am @ TBD
	meet by AUDUBONBARN	XC Course	meet by AUDUBONBARN	High School Track	meet by AUDUBONBARN (home football)	Sectionals
29	30	31	1	2	3	4
	(TBD)	(TBD)	(TBD)	(TBD)	(TBD)	9am @ TBD
						State