

Westville HS Cross Country (XC) - August 2023

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

Westville HS Cross Country (XC) - September 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	31	1	2
					(Rest)	9am @ Chrisman Cow Chip Meet
					(home football game)	
3	4	5	6	7	8	9
	(Rest) (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	(Rest) (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	. Run on own	
	(Rest) (No School)	VVC Meet	30 min			
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