2021 Norwin High School Cross Country Schedule

JUNE 2021						
Sunday	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**
30	31	**1**	**2**	**3**	**4** National Donut Day	5
6	**7** **Begin summer training on own**	**8**	**9**	**10**	**11**	12
13	**14**	**15** Practice @ HS from 6:30 to 8:00 pm	**16**	**17** Practice @ HS from 6:30 to 8:00 pm	**18**	19
20 Father's Day	**21**	**22** Practice @ HS from 6:30 to 8:00 pm	**23**	**24** Practice @ Oak Hollow 6:30-8:00 pm	**25**	26
27	**28**	**29** Practice @ Oak Hollow 6:30-8:00 pm	**30**	1 Practice @ Bushy Run 6:30-8:00 pm --Meet across from main entrance	2	3

2021 Norwin High School Cross Country Schedule

JULY 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	**1** Practice @ Bushy Run 6:30-8:00 pm --Meet across from main entrance	**2**	3 Destination Run #1 @ Laurel Highlands **OR** Long Run on own
4 Independence Day	**5** **"Marker Run" @** Track 8:00 am (3K) **XC Camp** 6:00-8:00 pm @ Oak Hollow	**6** **XC Camp** 6:00-8:00 pm @ Oak Hollow	**7** **XC Camp** 6:00-8:00 pm @ Oak Hollow	**8** **XC Camp** 6:00-8:00 pm @ Oak Hollow	**9**	10 Long Run @ B-Y Park 8:30--10:00 am
11	**12**	**13** Practice @ Oak Hollow 6:30-8:00 pm	**14**	**15** Practice @ Oak Hollow 6:30-8:00 pm	**16**	17 Destination Run #2 @ Schenley Park + Frisbee Golf **OR** Long Run on own
18	**19**	**20** Practice @ Oak Hollow 6:30-8:00 pm	**21**	**22** Practice @ Bushy Run 6:30-8:00 pm --Meet across from main entrance PJ	**23**	24 Long Run @ B-Y Park 8:30--10:00 am
25	**26**	**27** Practice @ Oak Hollow 6:30-8:00 pm	**28**	**29** Practice @ Oak Hollow 6:30-8:00 pm	**30**	31 Destination Run #3 @ Yough Trail + Kayak **OR** Long Run on own

2021 Norwin High School Cross Country Schedule

AUGUST 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	**2** **"Marker Run"** @ Track 8:00 am (4K)	**3** Practice @ Oak Hollow 6:30-8:00 pm	**4**	**5** Practice @ Bushy Run 6:30-8:00 pm --Meet across from main entrance	**6**	7 Destination Run #4 @ Punxsy/Treasure Lake Picnic **OR** Long Run on own
8	**9**	**10** Practice @ Oak Hollow 6:30-8:00 pm	**11**	**12** Practice @ Oak Hollow 6:30-8:00 pm	**13**	14 Long Run @ B-Y Park 8:30--10:00 am
15	**16** **OFFICIAL PRACTICE** @ Oak Hollow 6:15-8:00 pm	**17** **OFFICIAL PRACTICE** @ Oak Hollow 6:15-8:00 pm	**18** **OFFICIAL PRACTICE** @ Oak Hollow 6:15-8:00 pm	**19** **OFFICIAL PRACTICE** @ Oak Hollow 6:15-8:00 pm @ Trail (varsity)	**20** **OFFICIAL PRACTICE** @ Oak Hollow 6:15-8:00 pm	21 Long Run @ B-Y Park Girls = 8:00-9:30 Boys = 8:30-10:00
22	**23** **OFFICIAL PRACTICE** @ Oak Hollow 6:15-8:00 pm	**24** **OFFICIAL PRACTICE** @ Oak Hollow 6:15-8:00 pm	**25** **OFFICIAL PRACTICE** @ Oak Hollow ***8:00 am to 10 am*** **9th Grade Orientation Night**	**26** **OFFICIAL PRACTICE** @ Oak Hollow 6:15-8:00 pm @ Trail (varsity) 3:00-4:45 pm JV @Oak Hollow	**27** **OFFICIAL PRACTICE** @ Oak Hollow ~~6:15-8:00 pm~~ 8:00-10:00 am	28 Long Run @ B-Y Park Boys= 8:00-9:30 Girls = 8:30-10:00
29	**30** **"Marker Run"** @ Track 8:00 PM (5K) @ High School **PARENT MEETING**: 7:30 pm in stands	**31** Practice @ Oak Hollow 3:00-5:00 pm	1	2	3	4

2021 Norwin High School Cross Country Schedule

SEPTEMBER 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	**1** **1st Teacher Day** Practice @ Oak Hollow 3:00-5:00 pm	**2 Middle School Meet** Practice @ Oak Hollow 3:00-5:00 pm @ Trail (varsity) 6:15-8:00 pm	**3** Practice @ Oak Hollow 3:00-5:00 pm ****TEAM PICTURES****	4 **Cal U Invite**
5	**6** Labor Day	**7** Practice @ Oak Hollow 3:00-5:00 pm	**8** **1st Day School** Practice @ Oak Hollow 3:00-5:00 pm	**9** Practice @ Oak Hollow 3:00-5:00 pm @ Trail (varsity) 6:15-8:00 pm	**10** Practice @ Oak Hollow 3:00-5:00 pm	11 **RW&B Invite @ White Oak**
12	**13** Practice @ Oak Hollow 3:00-5:00 pm	**14** **Section Meet @ Oak Hollow** **vs. Greensburg Salem/ Ligonier Valley**	**15 Middle School Meet** Practice @ Oak Hollow 3:00-5:00 pm	**16** Practice @ Oak Hollow 3:00-5:00 pm @ Trail (varsity) 6:15-8:00 pm	**17** **NO PRACTICE** --rest & recover weekend	18 **Long Run @ (on own)**
19 **Practice @ Track** 7:30 pm-9:00 pm	**20** Practice @ Oak Hollow 3:00-5:00 pm	**21** **Section Meet @ Bushy Run** **vs. PT & Derry**	**22** Practice @ Oak Hollow 3:00-5:00 pm	**23** Practice ~~@ Oak Hollow~~ **HIGH SCHOOL 3:00-5:00 pm** @ Trail (varsity) 6:00-7:30 pm	**24** Practice @ HIGH SCHOOL 3:00-4:30	25 **Blue Devil Invite @ BuhlPark** **--bus leaves @ 6:00 am**
26	**27** Practice @ Oak Hollow 3:00-5:00 pm	**28** **Section Meet @ Oak Hollow** **vs. Latrobe/ Hempfield**	**29** Practice @ Oak Hollow 3:00-5:00 pm	**30** Practice @ Oak Hollow 3:00-5:00 pm @ Trail (varsity) 6:15-8:00 pm	1	2

2021 Norwin High School Cross Country Schedule

OCTOBER 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	1 Practice @ Oak Hollow 3:00-5:00 pm	2 **Bald Eagle Invite** **@ White Oak**
3	4 Practice @ Oak Hollow 3:00-5:00 pm	5 **Section Meet** **@ Yough/ Franklin Regional**	6 Practice @ Oak Hollow 3:00-5:00 pm	7 Practice @ Oak Hollow 3:00-5:00 pm @ Trail (varsity) 5:30-7:00 pm	8 Practice @ Oak Hollow 3:00-5:00 pm	9 Long Run @ B-Y Park 9:00 am
10	11 Practice @ Oak Hollow 3:00-5:00 pm	12 Practice @ Oak Hollow 3:00-5:00 pm	13 **WCCA Champ** **@ WCC**	14 (rain date WCCA) ~~Practice @ Oak Hollow 3:00-5:00 pm~~ @ Trail (varsity) 4:00-5:30 pm	15 **Early Dismissal* --Practice on own	16 Long Run ON OWN****
17 Night Practice at 6:30 pm @ track	18 **NO SCHOOL** --Practice TBD	19 Practice @ Oak Hollow 3:00-5:00 pm	20 Practice @ HS Track 2:30-4:00 pm	21 **TSTCA Invite** **@ Cal U (JV only)** --Varsity NO PRACTICE (rest)	22 Practice @ Oak Hollow 3:00-5:00 pm **Varsity ONLY**	23 Shakeout Run @ trail 9:00 am
24 **BANQUET 2-4 pm** **@ Oak Hollow**	25 Practice @ Oak Hollow 3:00-5:00 pm **Varsity ONLY**	26 Practice @ Oak Hollow 3:00-4:30 pm **Varsity ONLY**	27 Practice @ Oak Hollow 3:00-4:15 pm **Varsity ONLY**	28 **WPIAL Champ** **@ Cal U (varsity)**	29 **NO PRACTICE**	30
31 Halloween	1	2	3	4	5	6

2021 Norwin High School Cross Country Schedule

NOVEMBER 2021						
Sunday	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**
31	**1**	**2**	**3**	**4**	**5**	6 **PIAA Champ @ Hershey**
7	**8**	**9**	**10**	**11** Veterans Day	**12**	13
14	**15**	**16**	**17**	**18**	**19**	20
21	**22**	**23**	**24**	**25** Thanksgiving Day	**26**	27
28	**29**	**30**	1	2	3	4

2021 Norwin High School Cross Country Schedule

DECEMBER 2021						
Sunday	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**	**Saturday**
28	29	30	**1**	**2**	**3**	4
5	**6**	**7**	**8**	**9**	**10**	11
12	**13**	**14**	**15**	**16**	**17**	18
19	**20**	**21**	**22**	**23**	**24**	25 Christmas
26	**27**	**28**	**29**	**30**	**31**	1 New Year's Day