

# 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 <b>OR</b> 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 <b>OR</b> 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 <b>OR</b> Long Run on own

# 2021 Norwin High School Cross Country Schedule



## AUGUST 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	<b>2</b> "Marker Run" @ Track 8:00 am (4K)	<b>3</b> Practice @ Oak Hollow 6:30-8:00 pm	<b>4</b>	<b>5</b> Practice @ Bushy Run 6:30-8:00 pm --Meet across from main entrance	<b>6</b>	<b>7</b> Destination Run #4 @ Punxsy/Treasure Lake Picnic <b>OR</b> Long Run on own
8	<b>9</b>	<b>10</b> Practice @ Oak Hollow 6:30-8:00 pm	<b>11</b>	<b>12</b> Practice @ Oak Hollow 6:30-8:00 pm	<b>13</b>	<b>14</b> Long Run @ B-Y Park 8:30--10:00 am
15	<b>16</b> <b>OFFICIAL PRACTICE</b> @ Oak Hollow 6:15-8:00 pm	<b>17</b> <b>OFFICIAL PRACTICE</b> @ Oak Hollow 6:15-8:00 pm	<b>18</b> <b>OFFICIAL PRACTICE</b> @ Oak Hollow 6:15-8:00 pm	<b>19</b> <b>OFFICIAL PRACTICE</b> @ Oak Hollow 6:15-8:00 pm @ Trail (varsity)	<b>20</b> <b>OFFICIAL PRACTICE</b> @ Oak Hollow 6:15-8:00 pm	<b>21</b> Long Run @ B-Y Park Girls = 8:00-9:30 Boys = 8:30-10:00
22	<b>23</b> <b>OFFICIAL PRACTICE</b> @ Oak Hollow 6:15-8:00 pm	<b>24</b> <b>OFFICIAL PRACTICE</b> @ Oak Hollow 6:15-8:00 pm	<b>25</b> <b>OFFICIAL PRACTICE</b> @ Oak Hollow <b>*8:00 am to 10 am*</b> <b>9th Grade</b> <b>Orientation Night</b>	<b>26</b> <b>OFFICIAL PRACTICE</b> @ Oak Hollow 6:15-8:00 pm @ Trail (varsity) 3:00-4:45 pm JV @ Oak Hollow	<b>27</b> <b>OFFICIAL PRACTICE</b> @ Oak Hollow <del>6:15-8:00 pm</del> 8:00-10:00 am	<b>28</b> Long Run @ B-Y Park Boys= 8:00-9:30 Girls = 8:30-10:00
29	<b>30</b> <b>"Marker Run" @</b> <b>Track 8:00 PM (5K)</b> <b>@ High School</b> <b>PARENT MEETING:</b> 7:30 pm in stands	<b>31</b> 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	<b>1</b> <b>1st Teacher Day</b> Practice @ Oak Hollow 3:00-5:00 pm	<b>2 Middle School Meet</b> Practice @ Oak Hollow 3:00-5:00 pm @ Trail (varsity) 6:15-8:00 pm	<b>3</b> Practice @ Oak Hollow 3:00-5:00 pm <b>**TEAM PICTURES**</b>	<b>4</b> <b>Cal U Invite</b>
5	<b>6</b>  Labor Day	<b>7</b> Practice @ Oak Hollow 3:00-5:00 pm	<b>8</b> <b>1st Day School</b> Practice @ Oak Hollow 3:00-5:00 pm	<b>9</b> Practice @ Oak Hollow 3:00-5:00 pm  @ Trail (varsity) 6:15-8:00 pm	<b>10</b> Practice @ Oak Hollow 3:00-5:00 pm	<b>11</b> <b>RW&amp;B Invite @ White Oak</b>
12	<b>13</b> Practice @ Oak Hollow 3:00-5:00 pm	<b>14</b> <b>Section Meet @ Oak Hollow vs. Greensburg Salem/ Ligonier Valley</b>	<b>15 Middle School Meet</b> Practice @ Oak Hollow 3:00-5:00 pm	<b>16</b> Practice @ Oak Hollow 3:00-5:00 pm  @ Trail (varsity) 6:15-8:00 pm	<b>17</b> <b>NO PRACTICE</b> --rest & recover weekend	<b>18</b> Long Run @ (on own)
<b>19</b> Practice @ Track 7:30 pm-9:00 pm	<b>20</b> Practice @ Oak Hollow 3:00-5:00 pm	<b>21</b> <b>Section Meet @ Bushy Run vs. PT &amp; Derry</b>	<b>22</b> Practice @ Oak Hollow 3:00-5:00 pm	<b>23</b> Practice @ Oak Hollow <b>HIGH SCHOOL 3:00-5:00 pm</b> @ Trail (varsity) 6:00-7:30 pm	<b>24</b> Practice @ <b>HIGH SCHOOL 3:00-4:30</b>	<b>25</b> <b>Blue Devil Invite @ BuhlPark</b> --bus leaves @ 6:00 am
26	<b>27</b> Practice @ Oak Hollow 3:00-5:00 pm	<b>28</b> <b>Section Meet @ Oak Hollow vs. Latrobe/ Hempfield</b>	<b>29</b> Practice @ Oak Hollow 3:00-5:00 pm	<b>30</b> Practice @ Oak Hollow 3:00-5:00 pm  @ Trail (varsity) 6:15-8:00 pm	<b>1</b>	<b>2</b>

# 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 <b>Bald Eagle Invite</b> <b>@ White Oak</b>
3	4 Practice @ Oak Hollow 3:00-5:00 pm	5 <b>Section Meet</b> <b>@ Yough/ Franklin Regional</b>	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 <b>WCCA Champ</b> <b>@ WCC</b>	14 (rain date WCCA) <del>Practice @ Oak</del> Hollow 3:00-5:00 pm @ Trail (varsity) 4:00-5:30 pm	15 <b>**Early Dismissal*</b> --Practice on own	16 Long Run ON OWN****
17 Night Practice at 6:30 pm @ track	18 <b>**NO SCHOOL**</b> --Practice TBD	19 Practice @ Oak Hollow 3:00-5:00 pm	20 Practice @ HS Track 2:30-4:00 pm	21 <b>TSTCA Invite</b> <b>@ Cal U (JV only)</b> --Varsity NO PRACTICE (rest)	22 Practice @ Oak Hollow 3:00-5:00 pm <b>**Varsity ONLY**</b>	23 Shakeout Run @ trail 9:00 am
24 <b>BANQUET 2-4 pm</b> <b>@ Oak Hollow</b>	25 Practice @ Oak Hollow 3:00-5:00 pm <b>**Varsity ONLY**</b>	26 Practice @ Oak Hollow 3:00-4:30 pm <b>**Varsity ONLY**</b>	27 Practice @ Oak Hollow 3:00-4:15 pm <b>**Varsity ONLY**</b>	28 <b>WPIAL Champ</b> <b>@ Cal U (varsity)</b>	29 <b>NO PRACTICE</b>	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 <b>PIAA Champ @ Hershey</b>
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