



LINCOLN CHARTER CROSS COUNTRY 2018 Summer Running Schedule

<http://lcseaglesrunning.blogspot.com/>

MAY

WEEK 1

29th @LCS - Teacher Workday 8-9:30am
30th @LCS - Teacher Workday 8-9:30am
31st @ LCS - Teacher Workday 8-9:30am

JUNE

WEEK 2 - ms xc camp (canceled)

(Updated 5/30)

5th @ Latta leave LCS 7:25 Return 9:45
or meet at Latta 8am

6th @ LCS 8-9:30 am

7th @ Latta leave LCS 7:25 Return 9:45
or meet at Latta 8am

WEEK 3

(Updated 6/08)

12th @ Latta leave LCS 7:25 Return 10:00
or meet at Latta 8am

13th @ LCS 8-9:30 am

14th @ Latta leave LCS 7:25 Return 10:00
or meet at Latta 8am

WEEK 4 - Williams at Beach, Schild at USATF

(Updated 6/16)

20th @ LCS 8-9:30 am

21st @ LCS 8-9:30 am

22nd @ LCS 8-9:30 am

WEEK 5

(Updated 6/08)

26th @ Latta leave LCS 7:25 Return 10:00
or meet at Latta 8am

27th @ LCS 8-9:30 am

28th @ Latta leave LCS 7:25 Return 10:00
or meet at Latta 8am

JULY

WEEK 6

Week of July 2nd - July 7 DEAD PERIOD

WEEK 7

(Updated 6/08)

10th @ Latta leave LCS 7:25 Return 10:00
or meet at Latta 8am

11th @ LCS 8-9:30 am

12th @ Latta leave LCS 7:25 Return 10:00
or meet at Latta 8am

WEEK 8

Week of July 16 - 21 DEAD PERIOD

WEEK 9

23rd @ LCS - 8:00-9:30 am

24th LCS XC Camp -
LKN State Park (Updated 7/14)

25th LCS XC Camp -
Crowders Mountain

26th LCS XC Camp -
Moses Cone Manor, Blowing Rock/State Farm
Park

JULY 30th SEASON BEGINS - FIRST DAY OF PRACTICE (Updated 7/14)

Important Season Dates

8/18 Meck Co. 2 mile Preview, (pre-season)

@ Myers Park HS, Charlotte

8/25 Providence Invite,

@ McAlpine

9/7 Friday Night Lights,

@ Ivey Redmond (Varsity & JV)

9/11 SPAC 1A Pre-Conference

@ LCS - Denver

9/22 Hare & Hounds,

@ McAlpine (Varsity & JV)

9/29 Ramble by the River

@ACA (Varsity & JV)

10/13 NCRunners.com Invite,

@ Ivey Redmond (Varsity & JV)

10/16 SPAC 1A Conference Championship

@ LCS - Denver

10/27 1A West Regionals,

@ TBD (Top 7)

11/03 1A State Championship,

@ Ivey Redmond, Kernersville (Top 7)

Time Standard for LCS XC 2018 Season

WOMEN

26:00 (appx. 8:19 mile pace)

MEN

20:30 (appx. 6:36 mile pace)

Varsity

"V" runners will be composed of our top 10 runners throughout the season.

JUNIOR Varsity

"JV" runners are those that have met the time standard but are outside of the top 10. JV runners may work into the top 10.

DEVELOPMENTAL

"DV" runners are those that have not met the time standard. They will be working to make JV. Also they will be limited in what meets they can compete in.

Open/Optional Workouts

These workouts are open/optional. You are not required to be at workouts but are strongly encouraged to participate.

Blog Address

<http://lcseaglesrunning.blogspot.com/>

The blog is used as a communication tool throughout the season.

Please visit it for updates to schedules and resources specific to LCS XC.

Dead Periods

The last week of school coaches are not allowed to have contact with athletes in a workout setting. This will be a OYO time, July 2 - July 7 and July 16 - July 21 are dead periods set forth by the NCHSAA. These are also times when coaches may not hold workouts for athletes but athletes may workout on their own (OYO).

LCS XC CAMP

Please go to Eagles e-market and register for our XC Camp. The cost is \$60. This is a great kick-off to our season and you should make every effort to attend. See dates above.

PHYSICALS

Your physical must be current/up to date to participate in summer workouts. No excuses will be accepted. If you are unsure please check with Elizabeth Abernathy our Certified Athletic Trainer.

Weekly Running Program/Running Log

We have a week by week plan available for you to follow during the summer months. It is planned and based on ability. This will make running in the summer easier and give you some direction. I am also asking that you keep track of your miles and what workouts you are doing during the summer months.

