

2019

September

Red=Home meet
open to public,
Middle School,
Elem.

Blue=Away Meet,
Middle School Only

Orange=Away Meet,
Middle School /
Elementary

Green=Away Meet,
Elementary Only

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
26	27	28	29 1st Day of School	30	31	01
02 Labor Day	03 1st Practice 5-6 pm	04	05 Practice 5-6 pm	06	07 Longmeadow 2K Race 8:30 am	08
09	10 Practice 5-6 pm	11	12 Practice 5-6 pm	13	14 Longmeadow 2K Race 8:30 am	15
16	17 Practice 5-6 pm	18	19 Practice 5-6 pm	20	21 Practice 8:30-9:30 am	22
23 Practice 5-6 pm	24 MS Meet at Suffield MS 3:30	25	26 Practice 5-6 pm	27	28 Longmeadow 2K Race 8:30 am	29
30	01					

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October

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30	01 Practice 5-6 pm	02	03 Practice 5-6 pm	04	05 Longmeadow 2K Race 8:30 am	06
07	08 Practice 5-6 pm	09	10 Practice 5-6 pm	11	12	13 Wayland XC Festival, Wayland, MA
14 Columbus Day	15 Practice 5-6 pm	16	17 Practice 5-6 pm	18	19 Practice 8:30-9:30 am	20
21	22 Practice 5-6 pm	23	24 Practice 5-6 pm	25	26 Halloween Hustle 5K optional, No practice	27
28 W. Mass Middle School Invitational Granby, MA	29 Practice 5-6 pm	30	31 No Practice-- Happy Halloween	01	02	03

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
28	29	30	31	01	02 Practice 8:30-9:30 am	03
04	05 Practice 5-6 pm	06	07 Practice 5-6 pm	08	09 Mass. MS Champ. Devens, MA	10
11 Veteran's Day Mass. Elem. School Invitational, Lynn,	12	13	14	15	16	17 USATF Assoc. Race, Smithfield, RI
18	19	20	21	22	23	24 USATF Regional. Race
25	26	27	28	29	30	01