

LADY SCOTS CROSS COUNTRY

Week of Sept. 21st-26th

Monday - Sept. 21st - Due to 70% chance of rain between 3:30 p.m.-5:30 p.m., 17 of you will practice 4:35 p.m.-6:00 p.m. in the indoor facility. Parents may pick you up @ 6:05 p.m. Here is the plan:

- 1) Everyone may go home after 7th period unless you want to stay at the stadium and study.
- 2) The following people will practice from 4:35 p.m.-6:00 p.m. in the indoor Aiken, Blaylock, Bornemann, Cavey, Fawcett, Flowers, Galanos, Goldman, Hathaway, Hudson, Madden, A. Ott, E. Rhodes, Scripps, Spillman, Taulbee, and Vaughan. If any of you want to stay at the stadium and study until 4:30, you are more than welcome to do this. We will spread you out so you are socially distant. Just make sure you bring a snack with you if you stay at school.
- 3) Everyone else will need to do the workout on your own - whether it's on a bike, in a pool, or doing some other type of workout. Do not go to the Y or get in groups - you will need to do this by yourself in a safe location.

Tuesday - Sept. 22nd - Practice 3:25 p.m.-5:45 p.m. @ TP Hill @ White Rock Lake. Parents may pick you up at 5:50 p.m.

Wednesday - Sept. 23rd - Practice 3:25 p.m.-4:55 p.m. @ Norbuck Park. Parents may pick you up @ 5:00 p.m. **Virtual Open House Night starting at 6:00 p.m.**

Thursday - Sept. 24th - Practice 3:25 p.m.-5:25 p.m. @ Flag Pole Hill. Parents may pick you up @ 5:30 p.m.

The 7 athletes going to the McNeil Meet will have their team meeting at the stadium at 2:45 and may be picked up at 3:30 p.m. at the stadium.

Friday - Sept. 25th - McNeil Meet - HP will have 7 Varsity runners. The race begins at 12:00 p.m. **No spectators are allowed to attend.**

Team meeting with everyone else - 2:25-3:55 p.m. @ the stadium. Parents may pick you up @ 4:00 p.m. @ the stadium.

Saturday - Sept. 26th - Coppell Invite 1. Varsity will have 10 runners, and the race begins at 7:30 a.m. The JV will have 10 runners, and the race begins at 9:00 a.m. More information will be sent on Monday.

All Varsity spectators will have to clear the course after the Varsity boys' race. **UIL Rules** - All spectators must wear a mask at all times unless eating or drinking and stay socially distance (6') unless with family members. If these rules are not followed, the spectator(s) will be asked to leave the venue.