September 2023: MJH Cross Country

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 AM practice: 7:00-8:10am	2
3	4 LABOR DAY: No practice	5 PM practice: 3:30-4:30pm	6 NO PRACTICE	7 PM practice: 3:30-4:30pm	8 AM practice: 7:00-8:10am	9 TRI-MET at South Valley 8:00am
10	11 PM practice: 3:30-4:30pm	12 HOMEMEET vs DRJH 4:30pm	13 AM practice: 7:00-8:10am	14 PM practice: 3:30-4:30pm	15 AM practice: 7:00	16