

2022 Cross Country Schedule

Coaches:	Mrs Bowman: jmbowman@ d47.org	Mrs Staroske: csstaroske@ d47.org	
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August						
Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
21	22	23	24	25	26	27
	Practice 2:30-4:00	Practice 2:30-4:00	Practice 2:30-4:00	Practice 2:30-4:00	No Practice	

September						
Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2	3
	Practice 2:30-4:00	Practice 2:30-4:00	Practice 2:30-4:00	Practice 2:30-4:00	No Practice	No Practice
4	5	6	7	8	9	10
	Labor Day No School	Practice 2:30-4:00	Practice 2:30-4:00	Lundahl @ Bernotas	No Practice	Practice 8:30-9:15
11	12	13	14	15	16	17
	Practice 2:30-4:00	Bernotas @ Cary	Practice 2:30-4:00	Bernotas @ Marlowe	No Practice	Practice 8:30-9:15
18	19	20	21	22	23	24
	Practice 2:30-4:00	Bernotas @ Creekside	Early Release	Bernotas @ Lundahl	No Practice	Practice 8:30-9:15

October						
Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	30	1
	Practice 2:30-4:00	Bernotas @ McHenry	Practice 2:30-4:00	Marlowe @ Bernotas	No Practice	Practice 8:30-9:15
2	3	4	5	6	7	8
	Conference Meet @ Emricson Park	Practice 2:30-4:00	Practice 2:30-4:00	Practice 2:30-4:00	No Practice	Sectionals 10:00 am
9	10	11	12	13	14	15
	Columbus Day No School	Practice 2:30-4:00	Practice 2:30-4:00	Practice 2:30-4:00	No Practice	State Normal, IL 12:30

DATE	OPPONENTS	LOCATION
Thursday Sept. 8th	Beardsley & Lundahl	Veterans Acres 431 Walkup Rd, Crystal Lake, IL
Tuesday Sept. 13th	Johnsburg, Parkland, Cary	Cary Middle School 2109 Crystal Lake Rd, Cary, IL
Thursday Sept. 15th	Marlowe & Creekside	Marlowe Middle 9625 Haligus Rd, Lake in the Hills, IL.
Tuesday Sept. 20st	Cary, Johnsborg, Heineman, Parkland & Creekside	Emricson Park - 1313 Kishwaukee Valley Rd, Woodstock
Thursday Sept. 22nd	Northwood & Lundahl	Lundahl Middle School 560 Nash Rd. Crystal Lake, IL
Tuesday Sept. 27th	Nippersink, Cary, McHenry	McHenry Middle School - 2120 W. Lincoln Rd, McHenry
Thursday Sept. 29th	Johnsburg, Marlowe	Veterans Acres 431 Walkup Rd, Crystal Lake, IL
Monday Oct. 3rd	All Fox Valley Schools	Emricson Park - 1313 Kishwaukee Valley Rd, Woodstock
Saturday Oct. 8th	Sectional	McHenry Middle School - 2120 W. Lincoln Rd, McHenry?
Saturday Oct. 15th	State	Maxwell Park, Normal Illinois ?