

# St. John of the Cross Fall 2011-Cross Country Team -Schedule

Practices at SJC: M-T-F team meets @ SJC Flagpole. Wed. team meets at LT north track: track just south of RR tracks & west of Willow Sp./Gilbert Rd. Friday Pasta Party Pick-up is at the home hosting - NOT SJC. No practice Thursday or Sunday. League website: [www.s-p-l.org](http://www.s-p-l.org).

Coaches: Mon: Susan McHugh ([21bogie@gmail.com](mailto:21bogie@gmail.com)) & Meg Fredian

([kelamom@yahoo.com](mailto:kelamom@yahoo.com)), Tues: Trish Kinsela ([tkkconsult@aol.com](mailto:tkkconsult@aol.com)) & Deb Finn;

Wed: Susan McHugh; Fri: XC Coordinator: Michelle Fink ([am\\_fink@sbcglobal.net](mailto:am_fink@sbcglobal.net)).

Volunteer coordinator: Deb Finn ([jimanddeb26@sbcglobal.net](mailto:jimanddeb26@sbcglobal.net))

<b>Monday</b> <i>Long Runs</i>	<b>Tuesday</b> <i>Tempo Runs</i>	<b>Wednesday</b> <i>Speed Work</i>	<b>Friday</b> <i>Fun Day</i>	<b>Saturday</b> <i>Meets</i>
<b>Aug. 29</b> <i>No Practice</i> Montini Meet 4:30 Start Knolls Park (just E. of Montini) 19W. 070 16 <sup>th</sup> Street Lombard, IL	<b>Aug. 30</b> Practice 3:45-5pm	<b>Aug. 31</b> Practice 5:30-6:30pm LT North	<b>SEPT. 2</b> Practice 3:45pm Pasta Party hosted by Finn/Scudder @ Finns 4909 Woodland Pick-up @ 5:30	<b>Sept. 3</b> SPL Meet #1 Arrive @ 8am, Meet Start 9am Summerlakes Park/ Cliff.Johnson School 2S700 Continental Dr. Warrenville
<b>Sept. 5</b> <i>No Practice</i> Labor Day Holiday	<b>Sept. 6</b> Practice 3:45-5pm	<b>Sept. 7</b> Practice 5:30-6:30pm LT North	<b>Sept. 9</b> Practice 3:45pm Pasta Party hosted by Curley/Teglia @ Curleys 4912 Lawn Pick up @ 5:30	<b>Sept. 10</b> SPL Meet #2 Arrive @ 8am, Meet Start 9am L.T. South H.S. 4900 S. Will. Sp. Rd. Western Springs
<b>Sept. 12</b> Practice 3:45- 5pm	<b>Sept. 13</b> Practice 3:45-5pm	<b>Sept. 14</b> Practice 5:30-6:30pm LT North	<b>Sept. 16</b> Practice 3:45pm Pasta Party hosted by Sovcik/Scriba @ Sovciks 5121 Johnson Pick-up @ 5:30	<b>Sept. 17</b> SPL Meet #3 Arrive @ 8am Meet Start 9am Marmion Academy 1000 Butterfield Rd. Aurora
		<b>Sept. 15 Thursday</b> Nazareth Meet - 4:30 Start SundownMeadows Park W.of LaGrange Rd. & just N. of I-55		
<b>Sept. 19</b> Practice 3:45- 5pm	<b>Sept. 20</b> Practice 3:45-5pm	<b>Sept. 21</b> Practice 5:30-6:30pm LT North	<b>Sept. 23</b> Practice 3:45pm Pasta Party hosted by Callaghan/Herr @ Callaghans 4803 Lawn Pick-up @ 5:30	<b>Sept. 24</b> SPL Meet #4 Arrive @ 8am Meet Start 9am Downers Grove Swim & Racquet Club 5560 Fairview Ave. Downers Grove
<b>Sept. 26</b> Practice 3:45- 5pm	<b>Sept. 27</b> Practice 3:45-5pm	<b>Sept. 28</b> Practice 5:30-6:30pm LT North	<b>Sept. 30</b> 7:30Mass @ SJC Breakfast after Mass in Hynes Hall Practice 3:45pm Pasta Party hosted by Hogan,Bock, Mannebach @ Hogans 4928 Grand Ave. Pick-up @ 5:45	<b>OCT. 1</b> <b>CHAMP MEET</b> Arrive @ 8am Meet Start 9am Lombard Commons on Maple St. S. of St.Charles Rd. W. of Edgewood In Lombard