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| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 9/9 practice 345-5 | Practice  620-730 | Practice  620-730 | TEAM pictures 345 WEAR UNIFOR practice afterwards.. | Practice  620-730 | All buses 6am Top 17 boys and girls to Warpath Invite  JV Milton Invite |  |
| 9/16 Practice 345-5 | Practice  620-730 | Practice  620-730 | Practice 345-545 | JV departs 3:20 for Wingfoot Classic Varsity 500 departure |  |  |
| 9/22  Fall break  Practice 5pm RIVER |  |  | Redtop Mountain run and picnic depart 930am-230 | Practice Leita Thompson 9am |  |  |
| 9/29 Practice 345-545 | All athletes depart PHS at 1130 for Cass Cartersville Invite | NO PRACTICE | Practice 345-545 | Athletes attending Wendy’s Invite depart PHS at 10am | Wendy’s Invite in Charlotte NC |  |
| 10/7 Practice 345-545 | Practice 345-545 | Practice  620-730 | Practice 345-545 | Practice  620-730 | Coach Wood Invite |  |
| 10/14 Practice 345-545 | Practice 345-545 | Practice  620-730 | Practice 345-545 | Practice  620-730 |  | Pasta Party for all athletes competing in REGION 6-7 |
| 10/21 Practice 345-545 | Region -ALL athletes 11am-4 |  |  |  |  |  |
| 10/28 |  |  |  | STATE top 10 only |  |  |