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| --- | --- | --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 9/16 Practice 345-5 | Practice  620-730 | Practice  620-730 | Practice 345-545 | Freshman depart 3:20 for Wingfoot Classic Varsity 515 departure |  |  |
| 9/22  Fall break  Practice 5pm RIVER |  |  | Redtop Mountain run and picnic depart 930am-230 | Run on your own |  |  |
| 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 10am-2 |  |  |  |  |  |
| 10/28 |  |  |  | STATE top 10 only |  |  |