



AUGUST



Head Coach

Scott Friedlander
sfriedlander@dist113.org
847-207-4040

Assistant Coaches

Bill Anderson
Andrew Gorden
Tracey Friedlander
Darryl Rosen

MON	TUE	WED	THU	FRI	SAT	SUN
31	1	2	3	4	5	6
7 XC Begins! Practice 8:00am	8 Practice 7:00am	9 Practice 7:00am	10 Practice 7:00am	11 Practice 7:00am	12 Practice 7:00am	13
14 Practice 7:00am	15 Practice 7:00am	16 Practice 3:30 First Day of School 6pm DHS New Athlete Orientation	17 Practice 3:30	18 Practice 3:30 Warrior Nation Night	19 Practice 7:00 Parent Mtg 10:30am	20
21 Practice 3:30	22 Practice 3:30	23 Practice 3:30	24 RACE! vs. Zion-Benton, Mather, Warren @Deerfield HS Deerfield, IL	25 Practice 3:30	26 Practice 7:00am	27
28 Practice 3:30 Picture Day @5:10 – BRING UNIFORM	29 Practice 3:30	30 RACE! Lake County Inv. @Bulldog Athletic Complex Ingleside, IL	31 Practice 3:30			

The season calendar is subject to change.

Please communicate in advance if a conflict arises, but do your best to minimize conflicts.





SEPTEMBER



MON	TUE	WED	THU	FRI	SAT	SUN
				1 Practice 3:30	2 RACE! Hornet Red Devil Invite @Katherine Legge Park, Hinsdale, IL	3
4 Practice 7:00am Banana Relay! @Busse Woods	5 Practice 3:30 Spike Night at Fleet Feet Deerfield	6 Practice 3:30	7 Practice TBD (Open House early release)	8 Practice 3:30* Leave For Peoria* Bus @TBD	9 RACE!* Lake Park Invite @Lake Park HS, Roselle, IL	10 RACE!* FTTF Invite @Detweiller Park, Peoria, IL
11 Practice 3:30	12 Practice 3:30	13 Practice 3:30	14 Practice 3:30	15 Practice 3:30	16 No Practice Rosh Hashanah Kippur	17
18 Practice 3:30	19 RACE! CSL S Quad #2 vs. MS, GBS, GBN @Glenbrook North HS Northbrook, IL	20 Practice 3:30	21 Practice 3:30	22 Practice 3:30	23 RACE! Grant Invite @Bulldog Athletic Complex Ingleside, IL	24
25 No Practice No School Yom Kippur	26 RACE! CSL S Quad #3 vs. NT, EV, GBN And Senior Day! @Deerfield HS Deerfield, IL	27 Practice 3:30	28 Practice 3:30	29 Practice 3:30	30 RACE! Pat Savage Inv. @Niles West HS Skokie, IL	Oct 1

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*Split Squad: Team
 competes/practices
 in two different
 locations.





OCTOBER



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MON	TUE	WED	THU	FRI	SAT	SUN
2 Practice 3:30	3 Practice 3:30	4 Practice 3:30	5 Practice 3:30	6 RACE! Lakes Sunset @Lakes HS Lake Villa, IL	7 Practice 7:30am @Vernon Hills	8
9 Practice 8:00am No School	10 Practice 3:30	11 Practice 3:30	12 Practice 3:30	13 Practice 3:30	14 RACE! CSL Championships @Vernon Hills HS Vernon Hills, IL	15 Volunteer Opportunity GIPPCC Butterfly Run! @Busse Woods Grove 26 Elk Grove Village, IL Arrive at 8:30am
16 Practice 3:30 <i>Season over for non- varsity. All practices now optional for non-varsity runners.</i>	17 Practice 3:30	18 Practice 3:30	19 Practice 3:30	20 Practice 3:30	21 RACE! IHSA Regionals @TBD TBD, IL	22
23 Practice 3:30	24 Practice 3:30	25 Practice 3:30	26 Practice 3:30	27 Practice 3:30	28 RACE! IHSA Sectionals @TBD TBD, IL	29
30 Practice 3:30	31 Practice 3:30					

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NOVEMBER



MON	TUE	WED	THU	FRI	SAT	SUN
		1 Practice 3:30	2 Practice 3:30	3 Practice 3:30	4 RACE! IHSA State Championships @Detweiller Park Peoria, IL	5
6	7	8	9 Banquet DHS Cafeteria 5:30pm	10	11 NXR Midwest is optional and not school- affiliated. It is only on the calendar because it's a popular post- season opportunity.	12 RACE! NXR Midwest!? @Laverne Gibson Cross Country Course Terre Haute, IN
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

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