

# WARSAW

# CROSS COUNTRY

## 2024-25 Season



PARENT / ATHLETE PACKET

# WARSAW CROSS COUNTRY PROGRAM



## CHARACTER. COMMITMENT. CONSISTENCY.

Our goal for both Warsaw Men's Cross Country and Track & Field programs is to help mold our athletes into responsible young men who appreciate and give back to their families, schools, teams, and community.

Our vision is to develop a team that strives to improve daily, supports each other, and gets excited about competing.

Our firm belief is you must establish challenging yet attainable goals for yourself and the team to succeed. We are committed to investing our time and our coaching ability to help you reach your goals.

We believe that "doing your homework" before "your exam" reduces stress, increases your confidence, and improves your overall performance in academics, life, and athletics.

**CHARACTER** *determines who you are, how you act and react.*

*Act responsibly. Avoid activities or behaviors that will embarrass you, your family, or your team. Understand that your actions, reactions, and behaviors are representative of your family, school, team, community, and self.*

**COMMITMENT** *to your coaches, to your teammates, and to yourself.*

*Once a part of a team, you have a responsibility to uphold your commitment. Be present. Work hard. Get better. Support others. If you cannot commit to our team expectations, find another activity.*

**CONSISTENCY** *in your daily attendance, training efforts, and weekly performances.*

*Improving is all about consistency: every day, every week, every month, year after year. We are not interested in sporadic effort or attendance; programs are built with solid and consistent athlete effort.*



**Matt Campbell**  
Head Boys Cross Country Coach  
574.377.4003  
matthewcampbell@warsawschools.org

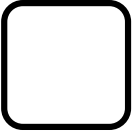


**Scott Erba**  
Head Boys Track & Field Coach  
serba@warsawschools.org

# TO DO CHECKLIST



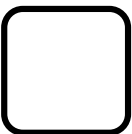
## STEP 1: REGISTER MY ATHLETE AT [WARSAW-TIGERS.COM](http://WARSAW-TIGERS.COM) *Registration available starting in June*



### ***MUST BE COMPLETED BEFORE ATTENDING SUMMER CONDITIONING***

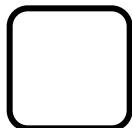
- Please visit [www.registermyathlete.com](http://www.registermyathlete.com) to create online account or log back in. Every athlete competing in an IHSAA sport will need an account. Please check every potential sport(s) your child may participate in for the upcoming school year so they appear on each team's roster for being cleared to participate.
  - Please make sure you read all documents and e-sign your signatures to complete this process.
- Do not have accidental medical insurance coverage for your child?
  - Please see K & K insurance plans for coverage as it is required to participate in an IHSAA Sport at WCHS.
    - Please return completed form and payment to the athletic office to verify coverage and mail payment.

## STEP 2: IHSAA PHYSICAL



- Complete the required annual (Dated after April 1st for upcoming school year) IHSAA Pre-Participation Physical Documentation. There are four pages that need to be completed, signed and returned to the athletic office before your son/daughter practices with the team during the official IHSAA season or July 1st if athlete is participating in Summer Activities! Please bring page 4 to the Doctor's office to complete and sign during the sports physical examination.
- Please call your Doctor's office early to make the appointment as they are backed up a lot of the time during the year!
- ALL 4 pages of the completed forms can either be scanned and uploaded onto the [www.registermyathlete.com](http://www.registermyathlete.com) online platform or turned into the athletic office during the week from 7:30am - 3:30pm.

### STEP 3: \$150 TEAM FEE | Due by Thursday July 25

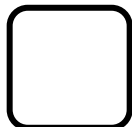


- Pay Cash or Make Checks Payable to: WCHS (Memo: Warsaw Boys Cross Country)
- Cost Covers: 2024 Team Gear, Team Bonding Experiences, Program Needs, etc.
- Fundraiser **OPTION** to cover the cost of the team fee.

**DETERGENT FUNDRAISER: Start Selling Monday July 8, Due Thursday July 18**

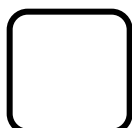
- 18 Items = \$150
- 15 Items = \$125
- 12 Items = \$100
- 9 Items = \$75
- 6 Items = \$50

### STEP 4: RUNNER GEAR CHECKLIST



- Running Shoes - 2 Pairs if running 500+ miles this season.
  - Runners should retire a pair of running shoes after 400-500 miles.
  - What kind of shoes? We suggest going to Cloud 9 Multisport (Winona Lake) or Three Rivers Running Company (Fort Wayne) to get fitted into the correct training shoe. Find great shoe/spike deals at RunningWarehouse.com
  - Trustworthy brands: Brooks, ASICS, HOKA, New Balance, Nike, Saucony, Mizuno, etc.
- Racing Spikes - All runners should have a pair of XC racing spikes.
- Water Bottle - Athletes must have a water bottle at every practice.
- Watch (GPS preferred, but NOT REQUIRED) - This is important as athletes will be encouraged to log mileage or time via Strava. A GPS watch will automatically upload your runs to Strava (less headache). Trustworthy brand: Garmin
- Running Shorts
- Running Shirts - Nylon, Polyester, etc. (avoid cotton - absorb moisture, traps it against your skin, making you feel damp and hot as you sweat.)
- Running Socks - Polyester and nylon are popular synthetic fibres for running socks as they're both sweat-wicking, breathable, and more durable than cotton.

### STEP 5: Join Warsaw Boys XC ParentSquare & Follow TigerDistance on Instagram



ParentSquare



Instagram.com  
/tigerdistance

## XC KICK OFF PARTY | FRIDAY JUNE 14

- 7PM - 10PM | Hosted by Assistant Coaches Jeff and Lynn Murphy. Address will be sent out on ParentSquare. Kick off the 2024 XC season with Food, Games, and Fellowship! Opportunity to meet your new teammates and connect.

## Blue Ribbon Boys Distance Camp | FRIDAY JUNE 21

- Friday June 21 (Grades 3 - 8)
  - Camp Counselors
  - WCHS 5:00PM - 8:00PM (Athletes be there by 4:30 PM)

## SUMMER XC CONDITIONING | JULY 8 - JULY 27

- Monday thru Thursday July 8 - July 27
  - WCHS XC Course MON/WED 8:30am - 10:00am
- - WINONA LAKE PARK TUE/THUR 8:30am - 10:00am
- Bonus Saturday opportunities will be offered: July 13, 20, 27

## XC CAMP | MONDAY JULY 29 - THURSDAY AUGUST 1

- CHAIN-O-LAKES State Park (See attached document)

## 3K ALUMNI RACE + DINNER | FRIDAY AUGUST 2

- Friday August 2
  - WCHS XC COURSE 5:30PM - 8:00PM (RACE at 6:30 PM followed by Dinner)
  - \$15 for Current Athletes to race (includes Dinner & Singlet)

## RUNNER SAFETY | ROUTES

- Athletes will be expected to follow the routes given by coaching staff. This is a **SAFETY** issue. We must be able to know where athletes are at all times.

## ATTENDANCE POLICY

- Athletes expected to make it to all OFFICIAL team practices **ON TIME**
- Absences or tardiness may be excused prior to practice time by notifying Coach Campbell via: text message, email (preferred), etc.
- If athletes **MUST** schedule appointments during practice time, we prefer on recovery days. Easier to do recovery runs on your own.
- Unexcused absences or tardiness can result in meet ineligibility and/or team dismissal if excessive.

## UNIFORMS

- School-issued uniforms...must be returned at season's end.
- ALL undergarments must be **SOLID BLACK!** No exceptions. This includes stitching!

## VARSITY LETTER REQUIREMENTS

- Cross Country is one of the only sports at WCHS that has not implemented cuts or a tryout policy. We recognize that our sport in which anyone, regardless of his/her athletic ability or background, has the opportunity to compete at the high school level. Even with numbers reaching above 50 athletes—we have no desire to make cuts. With that, we must maintain the integrity of a Varsity sport. To earn a Varsity letter, athlete must run **19:00 or Faster**.

## REGULAR SEASON SCHEDULE

- Away meets leave from **WCHS S-Building** at designated time given out each race week
  - Take bus to and from meet site unless cleared by coaching staff prior to meet.
- Home meets "Run Ready" at **WCHS** by 4:15p
  - All athletes stay until meet is over and team is dismissed
- Saturday August 24 | Larry James Invite (Valparaiso, IN)
- Tuesday September 3 | NLC Meet (Goshen, IN)
- Saturday September 7 | IWU Marion Invite (Marion, IN)
- Tuesday September 17 | NLC Meet (Warsaw, IN)
- Saturday September 21 | Flashrock Invite (Carmel, IN) **LIMITED ROSTER (STANDARD TBD)**
- Saturday September 28 | New Haven Invite (LOCATION TBD)
- Saturday October 5 | NLC Championships (Goshen, IN)



## TOURNAMENT SEASON SCHEDULE

Tournament Roster Only | Only 7 runners compete at each meet

- Saturday, October 19 | IHSAA Sectionals (North Manchester, IN)
- Saturday, October 26 | IHSAA Regionals (LOCATION TBD)
- Saturday, November 2 | IHSAA State (Terre Haute, IN)

## TOURNAMENT SEASON REQUIREMENTS

- Up 18 spots available on roster.
- Minimum time cutoff to make tournament roster: **18:00** or faster. Mile Time Trial Standard: **5:00** or faster.
- Only 7 athletes can race at each meet. Not every athlete on the roster will race.
- To make roster, we look at:
  - Performances – times and consistency.
  - Attitude – maintained a positive attitude throughout the season.
  - Commitment – attendance and work ethic at practice and meets.
  - Which athlete will give the team the best opportunity to 'advance'?
  - Who is running the strongest at the end of season?



## FALL BREAK

- Fall Break (October 14 - October 19)  
**SECTIONAL WEEK – ALL ATHLETES ON TOURNAMENT ROSTER MUST BE AT PRACTICE!**
- **Tentative Plan** - Overnight trip 10/15 - 10/16 to LaVern Gibson XC Course / Team Bonding Experience



## PARENT HELP - CONTACT LYNN MURPHY

Culture Keeper at home and away meets...supportive and understanding; we welcome your questions and comments. Please understand that we will not be able to have a discussion during practice times or a meet, but you are welcome to set up an appointment to talk to coaches after these events. We will do our best to communicate with your athletes about how, why and what we are doing.

### Meals / Snacks for XC CAMP (Lynn Murphy will send out Amazon List)

#### FRIDAY NIGHT TAILGATE DATES (Item List Attached)

- Friday August 23 | HOME FOOTBALL GAME (TEAM TAILGATE)
- Friday September 6 | HOME FOOTBALL GAME (TEAM TAILGATE)
- Friday September 27 | HOME FOOTBALL GAME (TEAM TAILGATE)
- Friday October 4 | HOME FOOTBALL GAME (TEAM TAILGATE)

#### SACK LUNCHES for AWAY Meets (Packing List Attached)

- Saturday August 24 | Larry James Invite (Valparaiso, IN)
- Tuesday September 3 | NLC Meet (Goshen, IN)
- Saturday September 7 | IWU Marion Invite (Marion, IN)
- Saturday September 28 | New Haven Invite (LOCATION TBD)
- Saturday October 5 | NLC Championships (Goshen, IN)

WARSAW CROSS COUNTRY

# FRIDAY NIGHT LIGHTS TEAM DINNERS



### 5 x PASTA DISHES (SIZE: 9x13)

LASAGNA

LASAGNA

SPAGHETTI

SPAGHETTI

MISC



### 3 x Dessert (Feed 16 Per Dish)



### 4 x 16oz Garlic Bread



### 2 x Salad Bowls

**BOTTLED WATER WILL BE PROVIDED**



# SACK LUNCH PACKING LIST



## ITEM 1: SANDWICH

- Cold Meat, Peanut Butter, or PB & J.
  - Please keep sandwiches PLAIN.



## ITEM 2: CHIPS



## ITEM 3: FRUIT

- Apple, Banana, or Orange



## ITEM 4: Dessert

- Anything sweet.



## ITEM 5: Miscellaneous Snack



**BOTTLED WATER WILL BE PROVIDED.**



# CHAIN O LAKES STATE PARK



# WARSAW XC CAMP

Monday July 29 - Thursday August 1

## MONDAY JULY 29

- 8AM - LOAD BUS AT WCHS TRACK
- 9AM - SET UP CAMP
- 1030AM - **TEAM & DECATHLON CHALLENGE 1 OF 6**
- 1130AM - PULLED PORK & CHEESY POTATOES
- 1230PM - 430PM - FREE TIME
- 430PM - **TEAM & DECATHLON CHALLENGE 2 OF 6**
- 6PM - PASTA
- 7PM - BEACH VOLLEYBALL TOURNAMENT
- 10PM - QUIET TIME (ON CAMPUS)

## TUESDAY JULY 30

- 7AM - LIGHT SNACK
- 8AM - **TEAM & DECATHLON CHALLENGE 3 OF 6**
- 9AM - **OLYMPIC STRENGTH CIRCUIT**
- 11AM - HOT DOGS & MAC N CHEESE
- 11:30AM - FREE TIME
- 1PM - CORNHOLE TOURNAMENT
- 5PM - **TEAM & DECATHLON CHALLENGE 4 OF 6**
- 6PM - TACOS
- 7PM - BEACH VOLLEYBALL TOURNAMENT
- 8PM - FREE TIME
- 930PM - MOVIE NIGHT

## WEDNESDAY JULY 31

- 7AM - LIGHT BREAKFAST
- 8AM - RUN #3
- 10AM - **TEAM & DECATHLON CHALLENGE 5 OF 6**
- 11AM - BEEF N NOODLES
- 12PM - CORNHOLE TOURNAMENT
- 6PM - PIZZA
- 730PM - **TEAM & DECATHLON CHALLENGE 6 OF 6**
- 9:00 PM - GLOW STICK RUN
- 10PM - QUIET TIME (ON CAMPUS)

## THURSDAY AUGUST 1

- 7AM - RUN #4
- 8AM - LIGHT BREAKFAST
- 11AM - RETURN

## CAMPING CHECKLIST

- RUNNING ATTIRE FOR ALL WORKOUTS  
SHORTS, SHIRTS, SOCKS, SHOES
- PERSONAL HYGIENE ITEMS/TOILETRIES
- ANY MEDICATION THAT YOU TAKE
- BUG SPRAY / SUNSCREEN
- TOWELS (FOR BEACH AND SHOWERS)
- SOAP/SHAMPOO
- SHOWER SANDALS
- LONG-SLEEVED SHIRT AND PANTS
- SWEATSHIRT/SWEATPANTS
- SLEEPING BAG / PILLOW
- FLASHLIGHT
- SWIMSUIT
- CLOTHES TO SLEEP/RELAX IN
- WATER BOTTLE
- WATCH
- SNACKS
- LARGE PLASTIC BAGS (FOR DIRTY CLOTHES/SHOES)
- CELL PHONE CHARGER
- FOLDING CHAIR

GATORADE, WATER, BREAKFAST FOODS AND SOME SNACKS WILL BE PROVIDED.

PLATES AND UTENSILS WILL BE PROVIDED.

ANY \$\$\$ YOU MAY WANT FOR THE CAMPGROUND STORE.

REMEMBER, WE ARE GUESTS AT CHAIN O' LAKES AND WE WANT THEM TO WANT US BACK. BE RESPECTFUL OF OTHER CAMPERS ON VACATION AND OF PARK RULES AT ALL TIMES. THERE WILL BE OTHER TEAMS THERE; REPRESENT WARSAW WELL!





**PURPOSE:** To uphold the integrity of the WCS Athletics Purpose Statement: *To develop sport specific skills, healthy relationships and creating positive, fun life experiences all while enriching our team, school and community.*

**RATIONALE:** We are an educational institution that believes in appropriate dress attire when representing Warsaw Community Schools on and off campus during official athletic training/practices and competitions.

**Wearing shirts & tank tops over sports bras during warm weather and indoors including the weight room**

- Shirts must be worn at all times in the weight room, Tiger Den, CC Gym, and T-RAC, including tank tops/shirts over sports bras for girls.
- Shirts must be worn at all times when practices are held OFF CAMPUS AROUND COMMUNITY MEMBERS including tank tops/shirts over sports bras for girls.
- Shirts are **NOT REQUIRED ON WARMER DAYS ONLY** when practicing on **WCS campuses, connecting streets and facilities.** This includes NOT WEARING A TANK TOP/SHIRT OVER SPORTS BRAS for girls.
- Please note that coaches can go above and beyond the above guidelines as long as you clearly explain your expectations to your athletes and families.

#### **CONSEQUENCES:**

Violators and the head coach of the program will receive a warning from the Athletic Director or Assistant Athletic Director.

- Violators and the head coach of the program will receive a warning from the Athletic Director or Assistant Athletic Director.
- 2nd offense would result in an official meeting with the Athletic Director in his/her office.
- 3rd offense would result in a possible consequence to the athlete(s) and head coach of the program at the Athletic Director's discretion.



**WE ARE TIGERS**

**“WE BELIEVE” IN BEING AN IRRESISTIBLE ATHLETIC DEPARTMENT BY DOING SPORTS AS A “TEAM” THE WARSAW WAY!**



*Purpose: To develop sport specific skills, healthy relationships and create positive, fun life experiences all while enriching our team, school and community.*

**“Consistency, progression and communication in disciplining student-athletes”**

The progression should be as follows:

**1. Talk with student-athlete about behavior issue/concern/missing practice and, if applicable, explain Group A: Conduct Unbecoming of a student-athlete and potential consequence.**

○ May add appropriate extra conditioning, extra drills, non-travel, etc.

■ *Note: If the Athletic Director deems offensive behavior/actions a Group A violation, appropriate consequences will be issued.*

**2. Talk with student-athlete and PARENT/GUARDIAN about behavior issue/concern/missing practice and explain Group A: Conduct Unbecoming of a student-athlete and potential consequence..**

○ Inform Michael or myself about this conversation in preparation of applying the Group A consequence if the behavior issue/concern/missing practice happens again.

■ *Note: Athletic Director will be happy to help facilitate a meeting if desired.*

**3. If behavior continues, inform the Athletic Director for support of enacting the Group A violation and missing the appropriate # of athletic contests.**

## **GROUP A: CONDUCT UNBECOMING OF A STUDENT-ATHLETE**

The student athlete’s conduct, in and out of school, will be such as (1) **not to bring discredit upon his/her school** or the Indiana High School Athletic Association, or (2) **not to create a disruptive influence on the discipline, good order, moral or educational (TEAM) environment at any Warsaw Community Schools.**

Social Media policy includes, but is not limited to, the following disruptive and inappropriate postings:

- Sexually explicit, profane, lewd, indecent, or defamatory language.
- Derogatory language regarding school personnel or other students.
- Comments designed to harass or bully students/school personnel.
- Nude/sexually-oriented/indecent photos/images or altered pictures.








Attending a gathering where alcohol/drugs are present constitutes a violation of the Group “A” Athletic Code.





- First Offense: 10% suspension of athletic events.
- Second Offense: 20% suspension of athletic events.
- Third/Subsequent Offenses: Follow Group B Guidelines 2nd offense: 50% suspension of athletic events.

Coaches are responsible for team selection, awards, and play level (varsity, junior varsity or freshman). The athletic director, principals, school administrators or school board members do not participate in, oversee or in any way control the selection process. Allowing coaches the complete and final say in these decisions better ensures consistency and team continuity.



# WARSAW BOYS CROSS COUNTRY 2024

Monday July 8	Tuesday July 9	Wednesday July 10	Thursday July 11	Friday July 12	Saturday July 13
WCHS XC COURSE 8:30 AM – 10:00 AM  <b>START DETERGENT FUNDRAISER</b>	WINONA LAKE PARK 8:30 AM – 10:00 AM	WCHS XC COURSE 8:30 AM – 10:00 AM	WINONA LAKE PARK 8:30 AM – 10:00 AM		WINONA LAKE PARK 8:30AM – 10:00AM
Monday July 15	Tuesday July 16	Wednesday July 17	Thursday July 18	Friday July 19	Saturday July 20
WCHS XC COURSE 8:30 AM – 10:00 AM	WINONA LAKE PARK 8:30 AM – 10:00 AM	WCHS XC COURSE 8:30 AM – 10:00 AM	WINONA LAKE PARK 8:30 AM – 10:00 AM  <b>DETERGENT FUNDRAISER DUE</b>		WINONA LAKE PARK 8:30AM – 10:00AM
Monday July 22	Tuesday July 23	Wednesday July 24	Thursday July 25	Friday July 26	Saturday July 27
WCHS XC COURSE 8:30 AM – 10:00 AM	WINONA LAKE PARK 8:30 AM – 10:00 AM	WCHS XC COURSE 8:30 AM – 10:00 AM	WINONA LAKE PARK 8:30 AM – 10:00 AM  <b>TEAM FEE DUE</b>		WINONA LAKE PARK 8:30AM – 10:00AM
Monday July 29	Tuesday July 30	Wednesday July 31	Thursday August 1	Friday August 2	Saturday August 3
 CHAIN-O-LAKES STATE PARK LEAVE at 8:00 AM	 CHAIN-O-LAKES STATE PARK	 CHAIN-O-LAKES STATE PARK	 CHAIN-O-LAKES STATE PARK LEAVE at 10:00 AM RETURN at 11:00 AM	<b>3K ALUMNI RACE 5PM – 8PM</b>  <b>BE THERE AT 4:30 PM</b>	
Monday August 5	Tuesday August 6	Wednesday August 7	Thursday August 8	Friday August 9	Saturday August 10
<b>FIRST OFFICIAL DAY OF PRACTICE</b>  WCHS 3:30PM – 5:30PM	WCHS 3:30PM – 5:30PM	WCHS 3:30PM – 5:30PM	WCHS 3:30PM – 5:30PM	WCHS 3:30PM – 5:30PM  <b>First Day of School</b>	WINONA LAKE PARK 8:30AM – 10:00AM
Monday August 12	Tuesday August 13	Wednesday August 14	Thursday August 15	Friday August 16	Saturday August 17
WCHS 3:30PM – 5:30PM	WCHS 3:30PM – 5:30PM	WCHS 3:30PM – 5:30PM	WCHS 3:30PM – 5:30PM	WCHS 3:30PM – 5:00PM	WINONA LAKE PARK 8:30AM – 10:00AM
Monday August 19	Tuesday August 20	Wednesday August 21	Thursday August 22	Friday August 23	Saturday August 24
WCHS 3:30PM – 5:30PM	WCHS 3:30PM – 5:30PM	WCHS 3:30PM – 5:30PM	WCHS 3:30PM – 5:30PM	WCHS 3:30PM – 5:00PM  <b>TEAM DINNER TAILGATE 5:00 PM – 7:00 PM</b>	  LARRY JAMES INVITE (VALPARAISO, IN)
Monday August 26	Tuesday August 27	Wednesday August 28	Thursday August 29	Friday August 30	Saturday August 31
WCHS 3:30PM – 5:30PM	WCHS 3:30PM – 5:30PM	WCHS 3:30PM – 5:30PM	WCHS 3:30PM – 5:30PM	WCHS 3:30PM – 5:00PM	WINONA LAKE PARK 8:30AM – 10:00AM (LABOR DAY WEEKEND)
Monday Sept 2	Tuesday Sept 3	Wednesday Sept 4	Thursday Sept 5	Friday Sept 6	Saturday Sept 7
WCHS 3:30PM – 5:30PM (LABOR DAY WEEKEND)	 NLC @ OX BOW (GOSHEN, IN)	WCHS 3:30PM – 5:30PM	WCHS 3:30PM – 5:30PM	WCHS 3:30PM – 5:00PM  <b>TEAM DINNER TAILGATE 5:00 PM – 7:00 PM</b>	 IWU Marion Invite (MARION, IN)

Monday Sept 9	Tuesday Sept 10	Wednesday Sept 11	Thursday Sept 12	Friday Sept 13	Saturday Sept 14
WCHS 3:30PM – 5:30PM	WCHS 3:30PM – 5:30PM	WCHS 3:30PM – 5:30PM	WCHS 3:30PM – 5:30PM <b>ELEMENTARY XC 6PM</b>	WCHS 3:30PM – 5:00PM	WCHS 7:30AM – 10:30AM <b>WARSAW MIDDLE SCHOOL INVITE</b>
Monday Sept 16	Tuesday Sept 17	Wednesday Sept 18	Thursday Sept 19	Friday Sept 20	Saturday Sept 21
WCHS 3:30PM – 5:30PM	 NLC @ Warsaw (WARSAW, IN)	WCHS 3:30PM – 5:30PM	WCHS 3:30PM – 5:30PM	WCHS 3:30PM – 4:30PM LEAVE FOR CARMEL, IN (LIMITED ROSTER)	 Flashrock Invite (CARMEL, IN) (LIMITED ROSTER)
Monday Sept 23	Tuesday Sept 24	Wednesday Sept 25	Thursday Sept 26	Friday Sept 27	Saturday Sept 28
WCHS 3:30PM – 5:30PM	WCHS 3:30PM – 5:30PM	WCHS 3:30PM – 5:30PM	WCHS 3:30PM – 5:30PM <b>ELEMENTARY XC 6PM</b>	WCHS 3:30PM – 5:00PM <b>TEAM DINNER TAILGATE</b> 5:00 PM – 7:00 PM	 NEW HAVEN INVITE (LOCATION TBD)
Monday Sept 30	Tuesday October 1	Wednesday October 2	Thursday October 3	Friday October 4	Saturday October 5
WCHS 3:30PM – 5:30PM	WCHS 3:30PM – 5:30PM	WCHS 3:30PM – 5:30PM	WCHS 3:30PM – 5:30PM <b>ELEMENTARY XC 6PM</b>	WCHS 3:30PM – 5:00PM <b>TEAM DINNER TAILGATE</b> 5:00 PM – 7:00 PM	 NLC Championships @ OX BOW (GOSHEN, IN)
REGULAR XC SEASON ENDS SATURDAY OCTOBER 5. TOURNAMENT ROSTER OCTOBER 7 – NOVEMBER 9.					
Monday October 7	Tuesday October 8	Wednesday October 9	Thursday October 10	Friday October 11	Saturday October 12
WCHS 3:30PM – 5:30PM	WCHS 3:30PM – 5:30PM	WCHS 3:30PM – 5:30PM	WCHS 3:30PM – 5:30PM	WCHS 3:30PM – 5:00PM	LOCATION TBD 8:30AM – 10:00AM
Monday October 14	Tuesday October 15	Wednesday October 16	Thursday October 17	Friday October 18	Saturday October 19
WCHS 3:30PM – 5:30PM FALL BREAK WEEK	WCHS 3:30PM – 5:30PM FALL BREAK WEEK <b>OVERNIGHT TRIP TO TERRE HAUTE</b>	WCHS 3:30PM – 5:30PM FALL BREAK WEEK <b>OVERNIGHT TRIP TO TERRE HAUTE</b>	WCHS 3:30PM – 5:30PM FALL BREAK WEEK	WCHS 3:30PM – 5:00PM FALL BREAK WEEK	 IHSAA SECTIONALS at MANCHESTER HS (NORTH MANCHESTER, IN)
Monday October 21	Tuesday October 22	Wednesday October 23	Thursday October 24	Friday October 25	Saturday October 26
WCHS 3:30PM – 5:30PM	WCHS 3:30PM – 5:30PM	WCHS 3:30PM – 5:30PM	WCHS 3:30PM – 5:30PM	WCHS 3:30PM – 5:00PM	 IHSAA REGIONALS at LOCATION TBD
Monday October 28	Tuesday October 29	Wednesday October 30	Thursday October 31	Friday November 1	Saturday November 2
WCHS 3:30PM – 5:30PM	WCHS 3:30PM – 5:30PM	WCHS 3:30PM – 5:30PM	WCHS 3:30PM – 5:30PM	8:00 AM LEAVE FOR TERRE HAUTE	 IHSAA STATE at LaVern Gibson (TERRE HAUTE, IN)
Monday November 4	Tuesday November 5	Wednesday November 6	Thursday November 7	Friday November 8	Saturday November 9
WCHS 3:30PM – 5:30PM	WCHS 3:30PM – 5:30PM	WCHS 3:30PM – 5:30PM	WCHS 3:30PM – 5:30PM	WCHS 3:30PM – 5:30PM	 WESTFIELD 1600 or 3200