

LASALLE XC Summer Schedule



MONTH of JUNE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 st	2 nd	3 rd	4 th	5 th	6 th	7 th
8 th	9 th Weightlifting (Optional) 5 – 6 p.m. All XC & T&F team members	10 th Weightlifting (Optional) 5 – 6 p.m. All XC & T&F team members	11 th Weightlifting (Optional) 5 – 6 p.m. All XC & T&F team members	12 th Weightlifting (Optional) 5 – 6 p.m. All XC & T&F team members	13 th Weightlifting (Optional) 5 – 6 p.m. All XC & T&F team members	14 th
15 th	16 th Weightlifting (Optional) 5 – 6 p.m. All XC & T&F team members	17 th Weightlifting (Optional) 5 – 6 p.m. All XC & T&F team members	18 th Weightlifting (Optional) 5 – 6 p.m. All XC & T&F team members	19 th Weightlifting (Optional) 5 – 6 p.m. All XC & T&F team members	20 th Weightlifting (Optional) 5 – 6 p.m. All XC & T&F team members	21 st
22 nd	23 rd Weightlifting (Optional) 5 – 6 p.m. All XC & T&F team members	24 th Weightlifting (Optional) 5 – 6 p.m. All XC & T&F team members	25 th Weightlifting (Optional) 5 – 6 p.m. All XC & T&F team members	26 th Weightlifting (Optional) 5 – 6 p.m. All XC & T&F team members	27 th Weightlifting (Optional) 5 – 6 p.m. All XC & T&F team members	28 th
29 th	30 th					



MONTH of JULY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 st First Day of Summer XC Practice fr. 3-5 p.m. – Kohorst Field, Weightlifting 5-6 p.m.	2 nd Practice @ 3-5 p.m., Kohorst Field, Weightlifting 5-6 p.m.	3 rd Practice @ 3-5 p.m., Kohorst Field, Weightlifting 5-6 p.m.	4 th Happy 4th of July Holiday	5 th 8:00 a.m. Practice, Altadena (Directions to follow)
6 th	7 th	8 th Practice @ 3-5 p.m., Kohorst Field, Weightlifting 5-6 p.m.	9 th Practice @ 3-5 p.m., Kohorst Field, Weightlifting 5-6 p.m.	10 th Practice @ 3-5 p.m., Kohorst Field, Weightlifting 5-6 p.m.	11 th	12 th 8:00 a.m. Practice, Altadena (Directions to follow)
13 th	14 th Practice @ 3-5 p.m., Kohorst Field, Weightlifting 5-6 p.m.	15 th Practice @ 3-5 p.m., Kohorst Field, Weightlifting 5-6 p.m.	16 th Practice @ 3-5 p.m., Kohorst Field, Weightlifting 5-6 p.m.	17 th Edgewood HS All – Comers, West Covina	18 th	19 th 8:00 a.m. Practice, Altadena (Directions to follow)
20 th	21 st Practice @ 3-5 p.m., Kohorst Field, Weightlifting 5-6 p.m.	22 nd Practice @ 3-5 p.m., Kohorst Field, Weightlifting 5-6 p.m.	23 rd Practice @ 3-5 p.m., Kohorst Field, Weightlifting 5-6 p.m.	24 th College of the Canyons All-Comers, Valencia	25 th	26 th 8:00 a.m. Practice, Altadena (Directions to follow)
27 th	28 th Practice @ 3-5 p.m., Kohorst Field, Weightlifting 5-6 p.m.	29 th Practice @ 3-5 p.m., Kohorst Field, Weightlifting 5-6 p.m.	30 th Practice @ 3-5 p.m., Kohorst Field, Weightlifting 5-6 p.m.	31 st COC All-Comers, Valencia	August 1 st	2 nd 8:00 a.m. Practice, Altadena (Directions to follow)



MONTH of AUGUST

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 rd	4 th Mammoth Hi-Altitude Training, Aug. 4 – 11.	5 th Mammoth	6 th Mammoth	7 th Mammoth	8 th Mammoth	9 th Mammoth
10 th Mammoth	11 th Return from Mammoth	12 th Off	13 th Practice @ 3-5 p.m., Kohorst Field, Weightlifting 5-6 p.m.	14 th COC All- Comers Final	15 th	16 th . 8:00 a.m. Practice, Altadena (Directions to follow)
17 th	18 th Practice @ 3-5 p.m., Kohorst Field, Weightlifting 5-6 p.m.	19 th New Student Orientation, Practice @ 3-5 p.m., Kohorst Field, Weightlifting 5-6 p.m.	20 th Practice @ 3-5 p.m., Kohorst Field, Weightlifting 5-6 p.m.	21 st 1st Day of Classes Practice or SC Roadrunners All-Comers, Walnut	22 nd Practice @ 3-5 p.m., Kohorst Field, Weightlifting 5-6 p.m.	23 rd 8:00 a.m. Practice, Altadena (Directions to follow)
24 th	25 th Practice @ 3-5 p.m., Kohorst Field, Weightlifting 5-6 p.m.	26 th Practice @ 3-5 p.m., Kohorst Field, Weightlifting 5-6 p.m.	27 th Practice @ 3-5 p.m., Kohorst Field, Weightlifting 5-6 p.m.	28 th Practice @ 3-5 p.m., Kohorst Field, Weightlifting 5-6 p.m.	29 th Practice @ 3-5 p.m., Kohorst Field, Weightlifting 5-6 p.m.	30 th
31 st						