# August

July								Sept	temb	er				
S	$\mathbb{M}$	Т	W	Τ	F	S		S	$\mathbb{M}$	Т	W	Т	F	
	1	2	3	4	5	6		1	2	3	4	5	6	
7	8	9	10	11	12	13		8	9	10	11	12	13	
14	15	16	17	18	19	20		15	16	17	18	19	20	
21	22	23	24	25	26	27		22	23	24	25	26	27	
28	29	30	31					29	30					

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
	<b>Cross Country</b>	<b>Cross Country</b>	<b>Cross Country</b>	<b>Cross Country</b>		
	Long Acre/Moody	Long Acre/Moody	Long Acre/Moody	Long Acre/Moody		
	Park 5:30-7:30pm	Park 5:30-7:30pm	Park 5:30-7:30pm	Park 5:30-7:30pm		
18	19	20	21	22	23	24
	Cross Country &	Cross Country &	Cross Country &	Cross Country &		
	Fall Training	Fall Training Wolf Branch Middle	Fall Training	Fall Training Wolf Branch Middle		
	Long Acre/Moody Park 5:30-7:30pm	5:30-7:30pm	Long Acre/Moody Park 5:30-7:30pm	5:30-7:30pm		
25	26	27	28	29	30	31
23	-		_		30	31
	Cross Country & Fall Training Long Acre/Moody Park 5:30-7:30pm	Cross Country & Fall Training Wolf Branch Middle 5:30-7:30pm	Cross Country & Fall Training Long Acre/Moody Park 5:30-7:30pm	Cross Country & Fall Training Wolf Branch Middle 5:30-7:30pm		
1	2	3	4	5	6	7
					-	

### September

Aug	August							October							
S	M	Т	W	Т	F	S		S	M	Т	VV	Т	F	S	
				1	2	3				1	2	3	4	5	
4	5	6	7	8	9	10		6	7	8	9	10	11	12	
11	12	13	14	15	16	17		13	14	15	16	17	18	19	
18	19	20	21	22	23	24		20	21	22	23	24	25	26	
25	26	27	28	29	30	31		27	28	29	30	31			

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
	Cross Country & Fall Training Long Acre/Moody Park 5:30-7:30pm	Cross Country & Fall Training Wolf Branch Middle 5:30-7:30pm	Cross Country & Fall Training Long Acre/Moody Park 5:30-7:30pm	Cross Country & Fall Training Wolf Branch Middle 5:30-7:30pm		
8	9	10	11	12	13	14
	Cross Country & Fall Training Long Acre/Moody Park 5:30-7:30pm	Cross Country & Fall Training Wolf Branch Middle 5:30-7:30pm	Cross Country & Fall Training Long Acre/Moody Park 5:30-7:30pm	Cross Country & Fall Training Wolf Branch Middle 5:30-7:30pm		
15	16	17	18	19	20	21
	Cross Country & Fall Training Long Acre/Moody Park 5:30-7:30pm	Cross Country & Fall Training Wolf Branch Middle 5:30-7:30pm	Cross Country & Fall Training Long Acre/Moody Park 5:30-7:30pm	Cross Country & Fall Training Wolf Branch Middle 5:30-7:30pm		
22	23	24	25	26	27	28
	Cross Country & Fall Training Long Acre/Moody Park 5:30-7:30pm	Cross Country & Fall Training Wolf Branch Middle 5:30-7:30pm	Cross Country & Fall Training Long Acre/Moody Park 5:30-7:30pm	Cross Country & Fall Training Wolf Branch Middle 5:30-7:30pm		
29	30	1	2	3	4	5
	Cross Country & Fall Training Long Acre/Moody Park 5:30-7:30pm	Cross Country & Fall Training Wolf Branch Middle 5:30-7:30pm	Cross Country & Fall Training Long Acre/Moody Park 5:30-7:30pm	Cross Country & Fall Training Wolf Branch Middle 5:30-7:30pm		
6	7	8	9	10	11	12

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

### October

Sept	September							November							
S	M	Т	W	Т	F	S		S	M	Т	VV	Т	F	S	
1	2	3	4	5	6	7							1	2	
8	9	10	11	12	13	14		3	4	5	6	7	8	9	
15	16	17	18	19	20	21		10	11	12	13	14	15	16	
22	23	24	25	26	27	28		17	18	19	20	21	22	23	
29	30							24	25	26	27	28	29	30	

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	1	2	3	4	5
	Cross Country & Fall Training Long Acre/Moody Park 5:30-7:30pm	Cross Country & Fall Training Wolf Branch Middle 5:30-7:30pm	Cross Country & Fall Training Long Acre/Moody Park 5:30-7:30pm	Cross Country & Fall Training Wolf Branch Middle 5:30-7:30pm		
6	7	8	9	10	11	12
Tallawah Meet Principia College	Cross Country & Fall Training Long Acre/Moody Park 5:30-7:30pm	Cross Country & Fall Training Wolf Branch Middle 5:30-7:30pm	Cross Country & Fall Training Long Acre/Moody Park 5:30-7:30pm	Cross Country & Fall Training Wolf Branch Middle 5:30-7:30pm		
13	14	15	16	17	18	19
Dashers Track Cross Country Meet Belleville West 9am	Cross Country & Fall Training Long Acre/Moody Park 5:30-7:30pm	Cross Country & Fall Training Wolf Branch Middle 5:30-7:30pm	Cross Country & Fall Training Long Acre/Moody Park 5:30-7:30pm	Cross Country & Fall Training Wolf Branch Middle 5:30-7:30pm		
20	21	22	23	24	25	26
Scorpions TBA	Cross Country & Fall Training Long Acre/Moody Park 5:30-7:30pm	Cross Country & Fall Training Wolf Branch Middle 5:30-7:30pm	Cross Country & Fall Training Long Acre/Moody Park 5:30-7:30pm	Cross Country & Fall Training Wolf Branch Middle 5:30-7:30pm		
27	28	29	30	31	1	2
Ultimate Speed Academy TBA	Cross Country & Fall Training Long Acre/Moody Park 5:30-7:30pm	Cross Country & Fall Training Wolf Branch Middle 5:30-7:30pm	Cross Country & Fall Training Long Acre/Moody Park 5:30-7:30pm			
3	4	5	6	7	8	9

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

#### November

Octo	October							December						
S	M	Т	W	Т	F	S		S	M	Т	VV	Т	F	S
		1	2	3	4	5		1	2	3	4	5	6	7
6	7	8	9	10	11	12		8	9	10	11	12	13	14
13	14	15	16	17	18	19		15	16	17	18	19	20	21
20	21	22	23	24	25	26		22	23	24	25	26	27	28
27	28	29	30	31				29	30	31				

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	31	1	2
	Cross Country & Fall Training Long Acre/Moody Park 5:30-7:30pm	Cross Country & Fall Training Wolf Branch Middle 5:30-7:30pm	Cross Country & Fall Training Long Acre/Moody Park 5:30-7:30pm	Cross Country & Fall Training Wolf Branch Middle 5:30-7:30pm		
3	4	5	6	7	8	9
St. Charles Blazers TBA	Cross Country & Fall Training Wolf Branch Middle 5:30-7:30pm	Cross Country & Fall Training Wolf Branch Middle 5:30-7:30pm	Cross Country & Fall Training Wolf Branch Middle 5:30-7:30pm	Cross Country & Fall Training Wolf Branch Middle 5:30-7:30pm		
10	11	12	13	14	15	16
USATF Ozark Association Principia College	Indoor Belleville West 6:00-8:00pm	Indoor Belleville West 6:00-8:00pm	Indoor Belleville West 6:00-8:00pm	Indoor Belleville West 6:00-8:00pm		
17	18	19	20	21	22	23
	Indoor Belleville West 6:00-8:00pm	Indoor Belleville West 6:00-8:00pm	Indoor Belleville West 6:00-8:00pm	Indoor Belleville West 6:00-8:00pm		
24	25	26	27	28	29	30
	Indoor Belleville West 6:00-8:00pm	Indoor Belleville West 6:00-8:00pm				
1	2	3	4	5	6	7

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

### December

Nove	November							January						
S	M	Т	W	Т	F	S		S	M	Т	VV	Т	F	S
					1	2					1	2	3	4
3	4	5	6	7	8	9		5	6	7	8	9	10	11
10	11	12	13	14	15	16		12	13	14	15	16	17	18
17	18	19	20	21	22	23		19	20	21	22	23	24	25
24	25	26	27	28	29	30		26	27	28	29	30	31	

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
	Indoor Belleville West 6:00-8:00pm	Indoor Belleville West 6:00-8:00pm	Indoor Belleville West 6:00-8:00pm	Indoor Belleville West 6:00-8:00pm		
8	9	10	11	12	13	14
	Indoor Belleville West 6:00-8:00pm	Indoor Belleville West 6:00-8:00pm	Indoor Belleville West 6:00-8:00pm	Indoor Belleville West 6:00-8:00pm		
15	16	17	18	19	20	21
	Indoor Belleville West 6:00-8:00pm	Indoor Belleville West 6:00-8:00pm	Indoor Belleville West 6:00-8:00pm	Indoor Belleville West 6:00-8:00pm		
22	23	24	25	26	27	28
	Indoor Belleville West 6:00-8:00pm				Indoor Belleville West 6:00-8:00pm	
29	30	31	1	2	3	4
	Indoor Belleville West 6:00-8:00pm					
5	6	7	8	9	10	11

# **January**

December						Febr	uary							
S	M	Т	VV	Т	F	S		S	M	Т	VV	Т	F	S
1	2	3	4	5	6	7								1
8	9	10	11	12	13	14		2	3	4	5	6	7	8
15	16	17	18	19	20	21		9	10	11	12	13	14	15
22	23	24	25	26	27	28		16	17	18	19	20	21	22
29	30	31						23	24	25	26	27	28	

		WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	1	2	3	4
Indoor Belleville West 6:00-8:00pm	Indoor Belleville West 6:00-8:00pm	Indoor Belleville West 6:00-8:00pm	Indoor Belleville West 6:00-8:00pm		
6	7	8	9	10	11
Indoor Belleville West 6:00-8:00pm	Indoor Belleville West 6:00-8:00pm	Indoor Belleville West 6:00-8:00pm	Indoor Belleville West 6:00-8:00pm		
13	14	15	16	17	18
Indoor Belleville West 6:00-8:00pm	Indoor Belleville West 6:00-8:00pm	Indoor Belleville West 6:00-8:00pm	Indoor Belleville West 6:00-8:00pm		
20	21	22	23	24	25
Indoor Belleville West 6:00-8:00pm	Indoor Belleville West 6:00-8:00pm	Indoor Belleville West 6:00-8:00pm	Indoor Belleville West 6:00-8:00pm		
27	28	29	30	31	1
Indoor Belleville West 6:00-8:00pm	Indoor Belleville West 6:00-8:00pm	Indoor Belleville West 6:00-8:00pm	Indoor Belleville West 6:00-8:00pm		
3	4	5	6	7	8
	Belleville West 6:00-8:00pm 6 Indoor Belleville West 6:00-8:00pm 13 Indoor Belleville West 6:00-8:00pm 20 Indoor Belleville West 6:00-8:00pm 27 Indoor Belleville West 6:00-8:00pm	Belleville West 6:00-8:00pm 6 7 Indoor Belleville West 6:00-8:00pm 13 Indoor Belleville West 6:00-8:00pm 13 Indoor Belleville West 6:00-8:00pm Belleville West 6:00-8:00pm 20 21 Indoor Belleville West 6:00-8:00pm 27 Belleville West 6:00-8:00pm 27 Belleville West 6:00-8:00pm	Belleville West         Belleville West         Belleville West           6:00-8:00pm         6:00-8:00pm           6         7           Indoor         Indoor           Belleville West         Belleville West           6:00-8:00pm         Belleville West           6:00-8:00pm         6:00-8:00pm           13         14           Indoor         Belleville West           6:00-8:00pm         Belleville West           6:00-8:00pm         6:00-8:00pm           20         21           22         Indoor           Belleville West         Belleville West           6:00-8:00pm         6:00-8:00pm           27         28           29           Indoor         Belleville West           6:00-8:00pm         6:00-8:00pm	Belleville West         Belleville	Belleville West 6:00-8:00pm           Belleville West 6:00-8:00pm         Belleville West 6:00-8:00pm         Belleville West 6:00-8:00pm         Belleville West 6:00-8:00pm         Belleville West 6:00-8:00pm

# **February**

January									
S	M	Т	$\bigvee$	Т	F	S			
			1	2	3	4			
5	6	7	8	9	10	11			
12	13	14	15	16	17	18			
19	20	21	22	23	24	25			
26	27	28	29	30	31				

March										
S	M	Т	W	Т	F	S				
_	_		_	_	_	1				
2	3	4	5	6	7	8				
9	10	11	12	13	14	15				
16	17	18	19	20	21	22				
23	24	25	26	27	28	29				
30	31									

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	31	1
	Indoor Belleville West 6:00-8:00pm	Indoor Belleville West 6:00-8:00pm	Indoor Belleville West 6:00-8:00pm	Indoor Belleville West 6:00-8:00pm		
2	3	4	5	6	7	8
	Indoor Belleville West 6:00-8:00pm	Indoor Belleville West 6:00-8:00pm	Indoor Belleville West 6:00-8:00pm	Indoor Belleville West 6:00-8:00pm		
9	10	11	12	13	14	15
	Indoor Belleville West 6:00-8:00pm	Indoor Belleville West 6:00-8:00pm	Indoor Belleville West 6:00-8:00pm	Indoor Belleville West 6:00-8:00pm		
16	17	18	19	20	21	22
	Indoor Belleville West 6:00-8:00pm	Indoor Belleville West 6:00-8:00pm	Indoor Belleville West 6:00-8:00pm	Indoor Belleville West 6:00-8:00pm		
23	24	25	26	27	28	1
	Indoor Belleville West 6:00-8:00pm	Indoor Belleville West 6:00-8:00pm	Indoor Belleville West 6:00-8:00pm	Indoor Belleville West 6:00-8:00pm		
2	3	4	5	6	7	8