

August 2021 Shoreland CC

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 Summer Run 5 PM at UW-P	5	6	7
8 Summer Run 3 PM at UW-P	9	10	11 Summer Run 5 PM at UW-P	12	13	14
15	16 Practice 9-11 at UW-Parkside	17 Practice 9-11 at UW-Parkside	18 Practice 9-11 at UW-Parkside	19 Practice 9-11 at UW-Parkside	20 Practice 9-11 at UW-Parkside	21 20-30 minute run Sat or Sunday
22 20-30 minute run Sat or Sunday	23 Practice 3:15-5:30 at UW-Parkside	24 Practice 3:15-5:30 School starts for Freshmen	25 Practice 3:15-5:30 1 st day of school	26 Practice 3:15-5:30	27 Practice 3:15-5:30	28 20-30 minute run Sat or Sunday
29 20-30 minute run Sat or Sunday	30 Practice 3:15-5:30	31 St. Joseph Inv 4:30 PM at UW-Parkside				

September 2021 Shoreland CC

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Practice 3:15-5:30	2 Practice 3:15-5:30	3 Practice 3:15-5:30	4 Waukesha South Blackshirt Inv. at Minooka Park 9:00 AM
5 Recovery Run 20-25 minutes	6 Day off! (Labor Day)	7 Practice 3:15-5:30	8 Practice 3:15-5:30	9 Whitnall Invite at Hales Corners Park 4 PM	10 Practice 3:15-5:30	11 20-30 minute run Sat or Sunday
12 20-30 minute run Sat or Sunday	13 Practice 3:15-5:30	14 Practice 3:15-5:30	15 Practice 3:15-5:30	16 Practice 3:15-5:30	17 Practice 3:15-5:30	18 St. Lawrence Seminary Inv. Mt. Calvary, WI 10 AM
19 Recovery Run 20-25 minutes	20 Practice 3:15-5:30	21 Practice 3:15-5:30	22 Practice 3:15-5:30	23 Big Foot Invite At Duck Pond, Fontana, WI 4 PM	24 Practice 3:15-5:30	25 Grade School CC Meet at SLHS, 10 AM
26 Recovery Run 20-25 minutes	27 Practice 3:15-5:30	28 Practice 3:15-5:30	29 Practice 3:15-5:30	30 Kenosha County Inv. at UW-Park. 4:30 PM		

October 2021 Shoreland CC

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Practice 3:15-5:30	2 20-30 Minute Recovery Run SLHS Color Run
3 20-30 minute run Sat or Sunday	4 No Team practice 45 minute run on own	5 Practice 3:15-5:30	6 Practice 3:15-5:30	7 Westosha Central Invite at Fox River Park 4:15 PM	8 Practice 3:15-5:30	9 20-30 minute run Sat or Sunday
10 20-30 minute run Sat or Sunday	11 Practice 3:15-5:30	12 Practice 3:15-5:30	13 Practice 3:15-5:30	14 Practice 3:15-5:30	15 Practice 3:15-5:30	16 Metro Classic Conference Meet at UW-Parkside 10 AM
17 Recovery Run 20-25 minutes	18 Practice 3:15-5:30	19 Practice 3:15-5:30	20 Practice 3:15-5:30	21 Practice 3:15-5:30	22 Practice 3:15-5:30	23 WIAA Sectionals At UW Parkside
24 Recovery Run 20-25 minutes	25 Practice 3:15-5:30	26 Practice 3:15-5:30	27 Practice 3:15-5:30	28 No School Practice TBA	29 No School Practice TBA	30 WIAA State Meet for qualifying individuals / teams WI Rapids TBA