

BARKER CROSS COUNTRY JULY 2020

SUN	MON	TUE	WED	THU	FRI	SAT
12 Varsity Goal 12 miles—2-2-3-2-3 Mod Goal 4 miles—1-1-1-1 <i>Miles:</i>	13 Gasport Bridge w/ Mrs. Lamb 6:00-7:30 pm <i>Miles:</i>	14 <i>Miles:</i>	15 Orangeport Road Bridge w/ Mrs. Lamb 6:00-7:30 pm <i>Miles:</i>	16 <i>Miles:</i>	17 Captains Practice Dugout 7:00-8:30 No Mods <i>Miles:</i>	18 <i>Miles:</i>
19 Varsity Goal 15 miles—3-2-3-3-4 Mod Goal 4 miles—1-1-1-1 <i>Miles:</i>	20 Gasport Bridge Veterans Host No Mods 6:00-7:30 pm <i>Miles:</i>	21 <i>Miles:</i>	22 Day Road Bridge w/ Mr. D 6:00-7:30 pm <i>Miles:</i>	23 <i>Miles:</i>	24 Captains Practice Dugout 7:00-8:30 No Mods <i>Miles:</i>	25 <i>Miles:</i>
26 Varsity Goal 20 miles—3-4-4-4-5 Mod Goal 5 miles—1-1-1-1-1 <i>Miles:</i>	27 Gasport Bridge Veterans Host No Mods 6:00-7:30 pm <i>Miles:</i>	28 <i>Miles:</i>	29 Orangeport Road Bridge w/ Mr. D 6:00-7:30 pm <i>Miles:</i>	30 <i>Miles:</i>	31 Captains Practice Dugout 7:00-8:30 No Mods <i>Miles:</i>	Aug 1 <i>Miles:</i>

Varsity goal for this summer is to run 100+ miles
 Modified goal for the summer is to run 40 miles

*If you follow the weekly guidelines listed in
 Sunday's box, you will have no problem.*

Keep a log of your miles on this calendar.

Contact Information:

Mr. DerSarkissian 772-7396—home 860-7147—cell
Mrs. Lamb 471-0814—cell

BARKER CROSS COUNTRY AUGUST 2020

SUN	MON	TUE	WED	THU	FRI	SAT
2 Varsity Goal 25 miles—4-5-5-5-6 Mod Goal 6 miles—1-1-1-1-2 <i>Miles:</i>	3 Gasport Bridge Veterans Host No Mods 6:00–7:30 pm	4 <i>Miles:</i>	5 Day Road Bridge w/ Mrs. Lamb 6:00–7:30 pm	6 <i>Miles:</i>	7 Captains Practice Dugout 7:00–8:30 No Mods	8 <i>Miles:</i>
9 Varsity Goal 28 miles—6-5-6-5-6 Mod Goal 6 miles—1-2-1-2 <i>Miles:</i>	10 Gasport Bridge Veterans Host No Mods <i>Miles</i>	11 <i>Miles</i>	12 Middleport Bridge w/ Mr. D (Mr. Eds) 6:00–7:30 pm	13 <i>Miles</i>	14 Captains Practice Dugout 7:00–8:30 No Mods <i>Miles</i>	15 <i>Miles</i>
16 Mod Goal 7 miles—1-2-1-2-1 <i>Miles:</i>	17 Run on own <i>Miles:</i>	18 Run on own <i>Miles:</i>	19 Run on own <i>Miles:</i>	20 Run on own <i>Miles:</i>	21 Run on own <i>Miles:</i>	22 Run on own <i>Miles:</i>
23 Mod Goal 8 miles—1-2-1-2-2 <i>Miles:</i>	24 1st Day of VARSITY Practice 8:30–10:30 am Dugout (paperwork, goals)	25 8:30–10:30 Dugout <i>Miles:</i>	26 8:30–10:30 Dugout <i>Miles:</i>	27 8:30–10:30 Dugout <i>Miles:</i>	28 8:30–10:30 Dugout <i>Miles:</i>	29 Run on own <i>Miles:</i>



BARKER CROSS COUNTRY SEPTEMBER 2020

SUN	MON	TUE	WED	THU	FRI	SAT
30	31 8:30-11:30 Mt. Albion Stop for ice cream	SEPT 1 8:30-10:30 Dugout	2 8:30-10:30 Dugout	3 8:30-10:30 Dugout TIME TRIAL	4 8:30-10:30 Dugout	5 Run on Own
Contact Information: Mr. DerSarkissian 772-7396—home Mrs. Lamb 860-7147—cell 471-0814—cell	7 NO PRACTICE LABOR DAY	8 Practice 3:10-5:10 MODS FIRST DAY	9 Practice 3:10-5:10	10 Practice 3:10-5:10 Spaghetti?	11 Trip to VVS Modified TBA	12 VVS Invitational No Modified
	14 Practice 3:10-5:10	15 Practice 3:10-5:10	16 Practice 3:10-5:10	17 Practice 3:10-5:10 Spaghetti?	18 Practice 3:10-5:10	19 West Seneca Invitational No Modified
	21 Practice 3:10-5:10	22 Capture the Flag	23 Practice 3:10-5:10	24 Practice 3:10-5:10	25 Practice TBA Homecoming	26 Run on Own Homecoming
	28 Practice 3:10-5:10	29 League Meet @ Wilson Bus at 3:00 4:45 Mod Start	30 Varsity Weight Room/ Pool Practice Mods normal 3:10-5:10	OCT 1 Practice 3:10-5:10 Spaghetti?	2 Practice 3:10-5:10	3 Everyone McQuaid Invitational 6:00 am Bus
	NOTE: A new calendar will be sent out when we know league meet locations, whether we can have spaghetti dinners, picture schedule and senior recognition.					

BARKER CROSS COUNTRY OCTOBER 2020

SUN	MON	TUE	WED	THU	FRI	SAT
4	5 Practice 3:10-5:10	6 League Meet @ Newfane Bus at 3:00 4:45 Mod Start	7 Varsity Weight Room/ Pool Practice Mods normal 3:10-5:10	8 Practice 3:10-5:10 Spaghetti?	9 Practice 3:10-5:10	10 Invitational ?? TBD
11	12 Practice TBA No School	13 HOME MEET Sr Recognition & Picnic v Akron/Albion 4:45 Mod Start	14 All Pool Practice 3:10-5:10	15 Practice 3:10-5:10	16 Practice 3:10-5:10	17 Run on Own
18	19 Practice 3:10-5:10	20 League Meet @ Medina w/RH Bus at 3:00 4:45 Mod Start	21 Capture the Flag	22 Practice 3:10-5:10	23 Practice Bonds Lake (stop to eat) MODIFIED TBA	24 MODIFIED ONLY Clarence Invitational ??
25	26 Practice 3:10-5:10	27 Practice 3:10-5:10	28 Practice 3:10-5:10	29 Practice 3:10-5:10 Spaghetti?	2 Practice 3:10-5:10	31 All-League Meet Lakeside State Park PICNIC 8:30 am bus
Note: Sectionals are scheduled to be at Knox Farms on Friday, November 6. States will be held at VVS High School on Saturday, November 14.						