

# SP East XC - Practice & Meet Calendar 2022

Electronic Calendar → <https://tinyurl.com/SPEastXC>

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>0</b>	8/8	8/9	8/10	8/11	8/12	8/13  Community 5K @Sheehan Park
<b>1</b>	8/15  Practice 7:00 - 9:30 AM  <i>Athletes meet in the SPEHS Wrestling Room.</i>	8/16  Practice 7:00 - 9:30 AM	8/17  Practice 7:00 - 9:30 AM	8/18  Practice 7:00 - 9:30 AM  <i>Possible McCarthy Park Destination Practice (7:00 AM - 10:00 AM)</i>	8/19  Practice 7:00 - 9:30 AM  <a href="#">Clothing Order</a> due at 8:00 AM	8/20  Practice TBD
<b>2</b>	8/22  Practice 7:00 - 9:30 AM  <i>MACS XC Night 4:00 - 8:00 PM</i>	8/23  Practice 7:00 - 9:30 AM	8/24  Practice 7:00 - 9:30 AM	8/25  Practice 7:00 - 9:30 AM  <i>Possible Devil's Lake Destination Practice (6:30 AM - 1:00 PM)</i>	8/26  Practice 4:05 - 6:05 PM	8/27  Glenn Herold Invite @ <a href="#">Watertown HS</a>
<b>3</b>	8/29  Practice 4:05 - 6:05 PM	8/30  Practice 4:05 - 6:05 PM	8/31  Practice 4:05 - 6:05 PM	9/1  Practice 4:05 - 6:05 PM	9/2  Practice 4:05 - 6:05 PM	9/3  Verona Invite @ <a href="#">Verona HS</a>  *9/4 Taste of Madison Soda Booth (10:45 - 7:00)
<b>4</b>	9/5: Labor Day  <i>No Official Practice</i>	9/6: First Day of School  Practice 4:05 - 6:05 PM	9/7  Practice 4:05 - 6:05 PM	9/8  Practice 4:05 - 6:05 PM	9/9  Practice 4:05 - 6:05 PM	9/10  River Valley Invite @ <a href="#">Spring Green Golf Course</a>
<b>5</b>	9/12  Practice 4:05 - 6:05 PM	9/13  Big 8 Grade Level Challenge @ <a href="#">Lake Farm Country Park</a> in Madison	9/14  Practice 4:05 - 6:05 PM	9/15  Practice 4:05 - 6:05 PM	9/16  Practice 4:05 - 6:05 PM	9/17  Off Weekend No Competitions No Official Practice

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WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6	9/19 Practice 4:05 - 6:05 PM	9/20 Practice 4:05 - 6:05 PM	9/21 Practice 4:05 - 6:05 PM	9/22 Practice 4:05 - 6:05 PM	9/23 Practice 4:05 - 6:05 PM	9/24  Midwest Invite @ <a href="#">Blackhawk Golf Course</a> in Janesville
7	9/26 Practice 4:05 - 6:05 PM	9/27 Practice 4:05 - 6:05 PM	9/28 Practice 4:05 - 6:05 PM	9/29 Practice 4:05 - 6:05 PM	9/30: No School Practice 4:05 - 6:05 PM	10/1  Stoughton Invite @ <a href="#">Stoughton HS</a>
8	10/3 Practice 4:05 - 6:05 PM	10/4 Practice 4:05 - 6:05 PM	10/5 Practice 4:05 - 6:05 PM	10/6 Practice 4:05 - 6:05 PM	10/7 Practice 4:05 - 6:05 PM	10/8  Jim Newman Invite @ <a href="#">Ridges Golf Course</a> in Wisconsin Rapids
9	10/10 Practice 4:05 - 6:05 PM	10/11 Practice 4:05 - 6:05 PM	10/12 Practice 4:05 - 6:05 PM  <i>Burrachos XC Night 4:00 - 8:00 PM</i>	10/13: P/T Conferences Practice 4:05 - 6:05 PM	10/14: No School Practice 4:05 - 6:05 PM	10/15  Big 8 Conference Meet @ <a href="#">Sheehan Park</a> in Sun Prairie (SP West Host)
10	10/17 Practice 4:05 - 6:05 PM	10/18 Practice 4:05 - 6:05 PM	10/19 Practice 4:05 - 6:05 PM	10/20 Practice 4:05 - 6:05 PM	10/21 Practice 4:05 - 6:05 PM	10/22  WIAA Sectional Meet (Varsity Only) @ <a href="#">Stoughton HS</a>
11	10/24 Practice 4:05 - 6:05 PM	10/25 Practice 4:05 - 6:05 PM	10/26 Practice 4:05 - 6:05 PM	10/27 Practice 4:05 - 6:05 PM	10/28 Practice 4:05 - 6:05 PM	10/29  WIAA State Meet (Qualifying Varsity) @ <a href="#">Ridges Golf Course</a> in Wisconsin Rapids



# SP East Cross Country 2022 Schedule



Date	Meet Details
Monday, Aug. 16	<i>First Practice</i>
Saturday, Aug. 27	Glenn Herold Invitational @ <a href="#">Watertown High School</a>
Saturday, Sept. 3	Verona Invitational @ <a href="#">Verona High School</a>
Saturday, Sept. 10	River Valley Invitational @ <a href="#">Spring Green Golf Course</a>
Tuesday, Sept. 13	Big 8 Grade Level Challenge @ <a href="#">Lake Farm County Park</a> in Madison
Saturday, Sept. 17	<i>Off Weekend - No Competitions</i>
Saturday, Sept. 24	Midwest Invitational @ <a href="#">Blackhawk Golf Course</a> in Janesville
Saturday, Oct. 1	Stoughton Invite @ <a href="#">Stoughton High School</a>
Saturday, Oct. 8	Jim Newman Invitational @ <a href="#">Ridges Golf Course</a> in Wisconsin Rapids
Saturday, Oct. 15	Big 8 Conference Meet @ <a href="#">Sheenan Park</a> in Sun Prairie
Saturday, Oct. 22	WIAA Sectional Meet (Varsity Only) @ <a href="#">Stoughton High School</a>
Saturday, Oct. 29	WIAA State Meet @ <a href="#">Ridges Golf Course</a> in Wisconsin Rapids

## Optional Postseason Races Run Through SPARK

Date (approx.)	Meet Details
Saturday, Nov. 12	Wisconsin/Illinois Border War ( <i>UW Parkside in Kenosha, WI</i> )
Sunday, Nov. 13	Nike Cross Nationals, Heartland Regional ( <i>Sioux Falls, SD</i> )
Saturday, Nov. 26	Eastbay Nationals, Midwest Regional ( <i>UW Parkside in Kenosha, WI</i> )

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