

July 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 P: G1: 5:45-6:45 pm G2: 6:30-7:30 G3: 7:15-8:45	3 P: 8:30-10 am BM @ McDowell	4	5	6	7
8	9 P: G1: 5:45-6:45 pm G2: 6:30-7:30 G3: 7:15-8:45	10 P: 8:30-10 am Granite Falls @ BM	11 P: G1: 5:45-6:45 pm G2: 6:30-7:30 G3: 7:15-8:45	12 P: 8:30-10 am BM @ Valdese	13	14 Sprint/Long Distance @ Forest City
15	16 P: G1: 5:45-6:45 pm G2: 6:30-7:30 G3: 7:15-8:45	17 P: 8:30-10 am BM @ Granite Falls	18 P: G1: 5:45-6:45 pm G2: 6:30-7:30 G3: 7:15-8:45	19 P: 8:30-10 am	20	21
22	23 P: G1: 5:45-6:45 pm G2: 6:30-7:30 G3: 7:15-8:45	24 P: 8:30-10 am McDowell @ BM	25 P: G1: 5:45-6:45 pm G2: 6:30-7:30 G3: 7:15-8:45	26 P: 8:30-10 am	27	28 CONFERENCE @ VALDESE Warmups begin @ 7:30 am
29	30	31				