



**Incarnate Word Academy**  
**High School Level Cross Country**  
**Practice Schedule 2022**  
**August - October**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
14	15	16	17	18	19	20
	Practice 6:00 am @ IWA HS GYM	RUN 6:30 am @ HS GYM	Practice 6:30 pm @ IWA Training Site- OLCC	RUN 6:30 am @ HS GYM	Practice 6:30 pm @ IWA Training Site- OLCC	Angel Flight Meet
21	22	23	24	25	26	27
	Practice 6:00 am @ IWA HS GYM	RUN 6:30 am @ HS GYM	Practice 6:30 pm @ IWA Training Site- OLCC	RUN 6:30 am @ HS GYM	Vista Ridge Invite	
28	29	30	31	1	2	3
	Practice 6:00 am @ IWA HS GYM	RUN 6:30 am @ HS GYM	Practice 6:30 pm @ IWA Training Site- OLCC	RUN 6:30 am @ HS GYM	Practice 6:30 pm @ IWA Training Site- OLCC	Sinton Meet
4	5	6	7	8	9	10
	Labor Day Challenge (OYO)	RUN 6:30 am @ HS GYM	Practice 6:30 pm @ IWA Training Site- OLCC	RUN 6:30 am @ HS GYM	Practice 6:30 pm @ IWA Training Site- OLCC	STJ Invitational (Victoria)
11	12	13	14	15	16	17
	Practice 6:00 am @ IWA HS GYM	RUN 6:30 am @ HS GYM	Practice 6:30 pm @ IWA Training Site- OLCC	RUN 6:30 am @ HS GYM	Camp Tejas Invite	(OYO)
18	19	20	21	22	23	24
	Practice 6:00 am @ IWA HS GYM	RUN 6:30 am @ HS GYM	Practice 6:30 pm @ IWA Training Site- OLCC	RUN 6:30 am @ HS GYM	Practice 6:30 pm @ IWA Training Site- OLCC	(OYO)
25	26	27	28	29	30	1
	Practice 6:15 am @ IWA DC GYM	RUN 6:30 am @ HS GYM	Practice 6:30 pm @ IWA Training Site- OLCC	RUN 6:30 am @ HS GYM	Practice 6:30 pm @ IWA Training Site- OLCC	Nike South
2	3	4	5	6	7	8
	Practice 6:00 am @ IWA HS GYM	RUN 6:30 am @ HS GYM	Practice 6:30 pm @ IWA Training Site- OLCC	RUN 6:30 am @ HS GYM	(OYO)	
9	10	11	12	13	14	15
	Practice 8:00 am @ IWA DC	RUN OYO WTS 3:45 pm @ HS GYM	Practice 8:00 am @ IWA DC	RUN OYO WTS 3:45 pm @ HS GYM	Practice 8:00 am @ IWA DC	Angel Invite

**Things to Remember for Morning Practice:**

Rev. 8/02/2022

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|---------------|-----------------------|-------------------|-------------------------------------|
| 1. Be on Time | 2. Self care products | 3. School clothes | 4. Breakfast or Money for Breakfast |
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5