

2024 Cross Country Calendar/Information

Girls Coach Information

Coach Truppa-
erictruppa@sd54.org
Coach Lucchini -
rebekahlucchini@sd54.org

Boys Coach Information

8th Grade Coach Belluomini-
robertbelluomini@sd54.org
7th Grade Coach Horikawa-
reinahorikawa@sd54.org

Rides Home From:

Practices

- If athletes take a bus to school they can take the after school bus home. If the athlete is a walker or dropped off, they can either walk home or they must be picked up **at 4:00pm**

Home Meets

- Athletes must arrange for their ride home from game (no 4:00 Activity Bus)

Away Meets

- Athletes riding the bus back to Addams will call for a ride to **promptly pick them up.**
- Parents may take their athlete home from away meets, but **must sign out with their coach.**
- If your athlete is riding home with another family, a written note/email must be provided.

Meet Running Order

1st Half of Season Running Order (9/5-9/17)

- 8th Girls, 8th Boys, 7th Girls, 7th Boys

2nd Half of Season Running Order (9/24-10/7)

- 7th Girls, 7th Boys, 8th Girls, 8th Boys

August

Monday	Tuesday	Wednesday	Thursday	Friday
**Practices are subject to change based on weather			8.22 First Day of Practice (2:15 - 4)	8.23 Practice (2:15 - 4)
8.26 Practice (2:15 - 4)	8.27 Practice (2:15 - 4)	No Practice	8.29 Practice (2:15 - 4) Parent Meeting	8.30 Practice (2:15 - 4)

September / October

Monday	Tuesday	Wed	Thursday	Friday
9.2 NO SCHOOL	9.3 Practice (2:15 - 4)	No Practice	9.5 Away Meet @ Keller *3:00 Start Time	9.6 Picture Day & Practice (2:15 - 4) **Bring uniform
9.9 Practice (2:15 - 4)	9.10 Practice (2:15 - 4)	No Practice	9.12 Home Meet vs. Mead *3:00 Start Time	9.13 Practice (2:15 - 4)
9.16 Away Meet @ Frost *3:00 Start Time	9.17 Home Meet vs. IKE *3:00 Start Time	No Practice	9.19 Home Meet - Crusader Fall Flite *3:30 start *Top 10 runners participate	9.20 Practice (2:15 - 4)
9.23 Practice (2:15 - 4)	9.24 Home Meet vs. Keller *3:00 Start Time **Running order Switches 6th Grade Invite - Directly after meet	No Practice	9.26 Practice (2:15 - 4)	9.27 Practice (2:15 - 4)
9.30 Practice (2:15 - 4)	10.1 Away Meet @ Mead *3:00 Start Time	No Practice	10.3 Home Meet vs. Frost *3:00 Start Time	10.4 Practice (2:15 - 4)
10.7 Away Meet @ IKE *3:00 Start Time	10.8 Practice (2:15 - 4)	No Practice	10.10 Conference Meet @ Hoover Elementary *3:00 Start Time	10.11 RAIN DATE: Conference Meet @ Hoover Elementary *3:00 Start Time