



LSA Cross-country Pre-season schedule: Grades 5-8

Tuesday, August 13th, 5:30 – 6:30 at La Salle Academy

Thursday, August 15th, 5:30 – 6:30 at St. Benedict Picnic Grove

Friday, August 16th, 4:30 – 5:30 at St. Benedict Picnic Grove

Sunday, August 18th, 6:00-7:00 at St. Benedict Picnic Grove

Tuesday, August 20th, 5:30 – 6:30 at St. Benedict Picnic Grove

Thursday, August 22th, 3:00 – 3:45 at St. Benedict Picnic Grove

Friday, August 23th, 4:30 – 5:30 at St. Benedict Picnic Grove

Sunday, August 25th, 6:00 – 7:00 at St. Benedict Picnic Grove

LSA Cross-country School Season practice schedule

Tuesday, August 27th, 5:30 – 6:30 at La Salle Academy (K-8)

(We will have a parent meeting from 6:20 - 6:30, please have one parent attend)

Thursday, August 29th, 5:30 – 6:30 at Shemanski Stadium (5-8)

Tuesday, September 3rd, 5:30 – 6:30 at La Salle Academy (K-8)

Thursday, September 5th, 5:30 – 6:30 at Shemanski Stadium (5-8)

Friday, September 6th, 4:30 – 5:30 at St. Benedict Picnic Grove (K-8)

Sunday, September 8th, 2:00 La Salle Invitational Meet at St. Benedict Picnic Grove

(We host the first XC meet of the season, we will need one parent to volunteer at the meet, there will be a sign-up genius sent out in August)

Tuesday, September 10th, 5:30 – 6:30 at La Salle Academy (K-8)

Thursday, September 12th, 5:30 – 6:30 at Shemanski Stadium (5-8)

Friday, September 13th, 4:30 – 5:30 at St. Benedict Picnic Grove (K-8)

Sunday, September 15th, 2:00 ICA Invitational Meet at ICA

Tuesday, September 17th, 5:30 – 6:30 at La Salle Academy (K-8)

Thursday, September 19th, 5:30 – 6:30 at Shemanski Stadium (5-8)

Friday, September 20th, 4:30 – 5:30 at La Salle Academy (K-8)

Saturday, September 21st, 2:00 St. Cat's Invitational Meet at St. Catherine's Church

Tuesday, September 24th, 5:30 – 6:30 at La Salle Academy (K-8)

Thursday, September 26th, 5:30 – 6:30 at Shemanski Stadium (5-8)

Friday, September 27th, 4:30 – 5:30 at St. Benedict Picnic Grove (K-8)

Sunday, September 29th, 2:00 HGA Invitational Meet at Jim Dietrich Park

Tuesday, October 1st, 5:30 – 6:30 at La Salle Academy (K-8)

Thursday, October 3rd, 5:30 – 6:30 at Shemanski Stadium (5-8)

Friday, October 4th, 4:30 – 5:30 at St. Benedict Picnic Grove (K-8)

Sunday, October 6th, 2:00 St. Ignatius Invitational Meet at Jesuit Center

Tuesday, October 8th, 5:30 – 6:30 at La Salle Academy (K-8)

Thursday, October 10th, 5:30 – 6:30 at Shemanski Stadium (5-8)

Friday, October 11th, 4:30 – 5:30 at St. Benedict Picnic Grove (K-8)

Sunday, October 13th, 2:00 Diocese Meet at St. Jane's in Easton

Tuesday, October 15th, 5:30 – 6:30 at La Salle Academy (K-8)

Thursday, October 17th, 5:30 – 6:30 at Shemanski Stadium (5-8)

Friday, October 18th, 4:30 – 5:30 at St. Benedict Picnic Grove (K-8)

Sunday, October 20th, 2:00 County Meet at Berks Catholic

XC Pizza Party: Date to be determined