

AUGUST

2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24 Providence Invitational Race
25	26	27 CISAA	28	29	30	31

SEPTEMBER

2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 CISAA	4	5	6	7
8 9/11 Heroes	9	10 CISAA	11 CMS	12	13	14 Kate's Race
15	16	17 CISAA	18	19	20 Hare & Hounds	21 Hare & Hounds
22	23	24	25	26	27 Queens University	28 Charlotte 49er Race
29 Fight the Flame 5K	30					

OCTOBER

2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5 Wendy's Cross Country Championship
6	7	8 CISAA	9	10	11 Queens University	12 Jumping Dreams 5K
13 Run to Freedom 5K	14 Carmel Christian	15 CISAA	16	17 Metrolina	18	19 Charlotte Weenie Walk
20	21 Cross Country for Youth	22 CMS	23 CMS	24	25 CISAA State Meet	26 National Eating Disorder Walk
27	28	29 CMS	30 Cross Country for Youth	31		

NOVEMBER

2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 CMS Regionals
3	4	5	6	7	8	9
10	11	12	13	14	15	16 Cross Country for Youth
17	18	19	20	21	22	23
24	25	26	27	28	29	30 Foot Locker Cross Country Championship