

Day		Time Schedule / Workouts / Events
Monday	10/19	3:45pm: Varsity Longer; JV light taper workout
Tuesday	10/20	3:45pm: Pre-Meet (if weather permits...otherwise, run on own on some clear / non-slippery roads)
Wednesday	10/21	Potential Time Trial Day starting at 6:45pm: Track availability and weather TBD; UNIFORM TURN-IN Option #1
Thursday	10/22	3:45pm: Uniform Turn-In Option #2
Friday	10/23	TBD
Saturday	10/24	TBD
Sunday		

Wednesday: We are hoping for a time trial on Wednesday night, weather and space permitting. I'll update all interested parties as soon as we know for sure. If we do have it – be sure to dress warmly enough that you can sit outside for 30 minutes and not shiver. Then, you will be able to pull a layer for your warmup, and pull that layer as you head to the line for your last race. There is no reason to be cold!

Reminders for All:

1. Athletes, your health is the most important thing to us. Remember that you have multiple coaches, counselors, social workers, and teammates who can help see you through. In tough times especially, it is ok to lean on this system for support.
2. **It is COLD and gross this week.** Without an indoor space, it is going to be really important to try to time your arrival and exit from practice. You do not want to be standing around for too long. **ALSO, BRING EXTRA CLOTHES** for before and after running. **NO** reason to get cold. Hat and gloves also a must.
3. **UNIFORMS**—We need to get all uniforms back this week. That means time trialers, lets plan on **NOT** wearing uniforms, and bringing them with to turn in instead. Non-time trialers, you guys should be able to make your way up to campus one more time for that uniform turn-in. I'll send out an email with details to athletes and parents.

COVID REMINDERS

- **Monitor your health.** If you have any signs / symptoms of Covid – 19, or have been exposed directly or indirectly to an infected person, be sure to let the coaches know immediately via email or phone, and then wait for clearance to attend practice. **DO NOT COME TO PRACTICE IF YOU ARE SICK.**
- **Keep your distance.** We want small groups of individuals during ALL running / extra activities.
- **Facility Usage** is going to be extremely minimal. Athletes should also take care of any bathroom needs *prior* to arriving at practice, **AND ESPECIALLY** prior to our meets. You do NOT go in the building during practice time, or even attempt to do so.