

BVSW Cross Country Summer, Meet and Practice Schedule 2024

Training Week #	Date	Notes	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Week 0	27-May		<u>27</u> <u>MEMORIAL DAY</u>	28	29	30	31	3	2
Week 1	3-Jun	First Week	3 BVSW (AM)	4 Black Bob Prk (AM)	5	6 Verheaghe Prk (AM)	7 Deanna Rose (AM)	8 Heritage #8 (AM)	9
Week 2	10-Jun		10 BVSW (AM) BVSW (PM)	11 Black Bob Prk (AM) BVSW (PM)	12	13 Verheaghe Prk (AM) BVSW (PM)	14 Pancakes (AM)	15 Heritage #8 (AM)	16
Week 3	17-Jun		17 BVSW (AM) BVSW (PM)	18 Black Bob Prk (AM) BVSW (PM)	19	20 Verheaghe Prk (AM) BVSW (PM)	21 Quivira Park (AM)	22 Heritage #8 (AM)	23
Week 4	24-Jun		24 BVSW (AM) BVSW (PM)	25 Black Bob Prk (AM) BVSW (PM)	26	27 Verheaghe Prk (AM) BVSW (PM)	28 - Hrtl CC Pancakes (AM)	29 - Hrtl CC Heritage #8 (AM)	30
Week 5	1-Jul	4th of July Moritorium	1 - OYO	2 - OYO	3 - OYO	4 - OYO <u>INDEPENDENCE DAY</u> <u>Lenexa Freedom Run</u>	5 - OYO	6 - OYO	7
Week 6	8-Jul	Camp	8 BVSW (AM) BVSW (PM)	9 Black Bob Prk (AM) BVSW (PM)	10	11 Verheaghe Prk (AM) BVSW (PM)	12 - Camp? Pancakes TBD (AM)	13 - Camp? Heritage #8	14 - Camp?
Week 7	15-Jul	Camp	15 - Camp? BVSW (AM) BVSW (PM)	16 - Camp? Black Bob Prk (AM) BVSW (PM)	17 - Camp?	18 Verheaghe Prk (AM) BVSW (PM)	19 I-Lan Park (AM)	20 Heritage #8 (AM)	21
Week 8	22-Jul		22 BVSW (AM) BVSW (PM)	23 Black Bob Prk (AM) BVSW (PM)	24	25 Verheaghe Prk (AM) BVSW (PM)	26 Pancakes (AM)	27 Heritage #8 (AM)	28
Week 9	29-Jul		29 BVSW (AM) BVSW (PM)	30 Black Bob Prk (AM) BVSW (PM)	31	1 Verheaghe Prk (AM) BVSW (PM)	2 Quivira Park (AM)	3 Heritage #8 (AM)	4
Week 10	5-Aug		5 BVSW (AM) BVSW (PM)	6 Black Bob Prk (AM) BVSW (PM)	7	8 Verheaghe Prk (AM) BVSW (PM)	28 Pancakes (AM)	10 Heritage #8 (AM)	11
Week 11	12-Aug	School Starts Tuesday	12 BVSW (AM)	13 - School Starts OYO	14 OYO	15 OYO	16 OYO	17 OYO	18

Check the BVSW Cross Country website for exact meeting locations

AM Sessions begin at 6:30am

PM Sessions begin at 6:00pm - BVSW weight room

Meets Bold and Underlined - Varsity Meets