

St. Monica Academy
2023 Cross Country Season

June 9 -	First day of summer break	
June 16 -	Optional team practice (location and time TBA)	
June 23 -	Optional team practice (location and time TBA)	
June 30 -	Optional team practice (location and time TBA)	
July 7 -	Optional team practice (location and time TBA)	
July 14 -	Optional team practice (location and time TBA)	
July 16 – 30	CIF-Mandated Dead Period; no coach-organized practices	
Aug 4 -	Optional team practice (location and time TBA)	
Aug 11 -	Optional team practice (location and time TBA)	
Aug 18 -	Optional team practice (location and time TBA)	
Aug 22 -	Mandatory team practice	8:00 – 9:30 a.m.
Aug 24 -	Mandatory team practice	8:00 – 9:30 a.m.
Aug 29 -	Mandatory team practice	8:00 – 9:30 a.m.
Aug 31 -	Mandatory team practice	8:00 – 9:30 a.m.
Sept 5	First day of school; 12:00 dismissal; team practice 12:30 – 2:00 (weather-dependent)	
Sept 7	Mandatory team practice	2:45 – 4:15 p.m.
Sept 12	Mandatory team practice	2:45 – 4:15 p.m.
Sept 14	Mandatory team practice	2:45 – 3:30 p.m. pre-meet
Sept 15	Woodbridge Invitational Irvine Great Park	
Sept 19	Mandatory team practice	2:45 – 4:15 p.m.
Sept 21	Heritage League Meet – Vasquez	4:00
Sept 23/24	Possible optional practice - TBD	
Sept 26	Heritage League Meet – SCCS—South Fork Trailhead	
Sept 28	Mandatory team practice	2:45 – 4:15 p.m.
Oct 3	Mandatory team practice	2:45 – 4:15 p.m.
Oct 5	Heritage League Meet – Vasquez	4:00
Oct 10	Mandatory team practice	2:45 – 4:15 p.m.
Oct 12	Heritage League Meet – Vasquez	
Oct 17	Mandatory team practice	2:45 – 4:15 p.m.
Oct 19	Mandatory team practice	2:45 – 3:30 p.m. pre-meet
Oct 20	Mt. SAC Invitational – Walnut	
Oct 24	Mandatory team practice	2:45 – 4:15 p.m. Note: Week of Oct 23 = Tech Week
Oct 26	Heritage League Finals – SCCS – South Fork Trailhead	
Oct 31	Mandatory team practice	2:45 – 4:15 p.m. (Halloween; practice date tentative and may move)
Nov 2	Mandatory team practice	2:45 – 4:15 p.m.
Nov 6	Mandatory team practice	2:45 – 4:15 p.m. Note: practice moves to Mon -Wed this week to
Nov 8	Mandatory team practice	2:45 – 4:15 p.m. accommodate CIF Prelim competition date
Nov 10/11	CIF Prelims – Mt. SAC	
Nov 13/15	Mandatory team practice	2:45 – 4:15 p.m.
Nov 18	CIF Finals – Mt. SAC	

Some practice dates subject to change due to adjustments in school schedule, weather conditions