

FCHS Cross Country

AUGUST 2016

Fort Collins High School
 3400 Lambkin Way
 Fort Collins, CO 80525
 Office: 488-8021



Conrad Crist
 Co-Head Coach
 E-mail: ccrist@psdschools.org
 Chris Suppes
 Co-Head Coach
 E-mail: csupes@psdschools.org

FCHS XC Website!
<http://users.frii.com/kfollett/CollinsXC/crosscountry/xc.html>

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Peach Fundraising Forms go out to kids!	2 XC Coaches Mtg. 7am at FCHS	3	4	5	6
7	8 XC Camp 7-9a At FCHS	9 XC Camp 7-9a At FCHS	10 XC Camp 6-8a At Spring Canyon Park	11 XC Camp 7-9a At FCHS Peaches Delivered! Spike Night at Altitude 5p-8p	12 XC Camp 7-9a At FCHS	13 XC Team Race! @ Coach Suppes' House
14	15 1st Official XC Practice 7am at FCHS	16 XC Practice 7am at FCHS XC Parent Meeting 6p at FCHS Commons	17 XC Practice 3:10p at FCHS	18 XC Practice 3:10p at FCHS	19 XC Practice 3:10p at FCHS	20
21	22	23	24	25	26 Cherry Creek Invite At Cherry Creek Reservoir 4pm School release: 12:45 Bus leaves: 1:00p	27
28	29	30	31			

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SEPTEMBER 2016

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 Horizon Invite at Adams County Fairgrounds 2p School Release:11:10a Bus Leaves:11:30a	3
4	5 Volunteer at Colorado Run	6	7	8	9 Liberty Bell Invite At Heritage HS 4p School Release:11:45a Bus Leaves:12:00p	10
11	12	13	14	15	16 John Martin Invite At FCHS, 4pm School Release:2:30p	17
18	19	20	21	22	23 Sweetheart Invite at Loveland HS 4p School Release:1:55p Bus Leaves:2:15p	24
25	26	27	28	29	30	

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OCTOBER 2016

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Varsity/Top JV at Mt. Vista / Metra State Invite 9a Bus Leaves:6:30a JV /Open at Fossil Ridge Invite 9a Meet at Fossil: 7:45a
2	3	4	5	6	7	8
9	10	11	12	13	14 Conference Meet at Northwest Open Space 3p School Release:12:15 Bus Leaves:12:30	15
16	17	18	19	20	21 Regional Meet at Spring Canyon Park 4p School Release:2:10p Bus Leaves: 2:30p	22
23	24	25	26	27	28	29 State XC Meet At Penrose Eques- trian Center Bus Leaves:7:00a
30	31	November 1st XC Awards Night 6pm in the FCHS Commons!				