

# October 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Race at Dakota High School 4:45pm- 6:00pm  You may leave when your runner finishes running	2  Recovery- NO PRACTICE	3	4
5	6	7  Practice 3:15-4:00	8	9  Practice 3:15-4:00	10 Picture day after school until 3:30	11
12	13	14  Practice 3:15-4:00	15	16  Practice 3:15-4:00	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

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