

# BVSW Cross Country Summer, Meet and Practice Schedule 2024

Training Week #	Date	Notes	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Week 13 (1)	19-Aug		19 BVSW (3:05pm)	20 BVSW (5:30am) BVSW (3:05pm)	21 - B2 School Nite BVSW (3:05pm)	22 BVSW (am) Verheaghe (3:05pm)	23 BVSW (3:05pm)	24 Black Bob (7:00am)	25 I-Lan Prk (6:00pm)
Week 13 (2)	26-Aug		26 BVSW (3:05pm)	27 - Senior Photo PM BVSW (5:30am) BVSW (3:05pm)	28 BVSW (3:05pm)	29 BVSW (am) BVSW (3:05pm)	30 - Uniforms BVSW (3:05pm)	31 - Family Pancakes Verheaghe (7:00am)	1 Deanna Rse (6:00pm)
Week 14 (3)	2-Sep	Labor Day	2 - Labor Day BVSW (3:05pm)	3 - No School BVSW (TBA) BVSW (3:05pm)	4 - Pasta Party TBA (3:05pm)	5 (AM) Basehor (JV/C) BVSW (3:05pm)	6 (Out of Town - pm)	7 <b><u>Lyons, IL (V)</u></b>	8 Quivira Prk (6:00pm)
Week 15 (4)	9-Sep	Homecoming	9 BVSW (3:05pm)	10 BVSW (5:30am) BVSW (3:05pm)	11 - HoCo Parade BVSW (3:05pm)	12 - Pasta Party BVSW (am) TBA (3:05pm)	13 BVSW (3:05pm)	14 - Homecoming <b><u>Olathe Twilight(ALL*)</u></b>	15 I-Lan Prk (6:00pm)
Week 16 (5)	16-Sep		16 BVSW (3:05pm)	17 BVSW (5:30am) BVSW (3:05pm)	18 - Middle School XC SWMS - Champs BVSW (3:05pm)	19 BVSW (am) Blk Bob Prk (3:05pm)	20 - TBA BVSW (3:05pm)	21 <b><u>DeSoto Inv (ALL*)</u></b>	22 Deanna Rse (6:00pm)
Week 17 (6)	23-Sep		23 BVSW (3:05pm)	24 - Pasta Party BVSW (5:30am) TBA (3:05pm)	25 Canis Lupus (JV/C) BVSW (3:05pm)	26 BVSW (am) BVSW (3:05pm)	27 Rim Rock* (3:05pm)	28 <b><u>Rim Rock (V)</u></b>	29 Quivira Prk (5:30pm)
Week 18 (7)	30-Sep		30 BVSW (3:05pm)	1 BVSW (5:30am) BVSW (3:05pm)	2 BVSW (3:05pm)	3 BVSW (am) Verheaghe (3:05pm)	4 - Pasta Party TBA (3:05pm)	5 <b><u>KC Classic (JV-C)</u></b>	6
Week 19 (8)	7-Oct	PSAT	7 BVSW (3:05pm)	8 BVSW (am) BVSW (3:05pm)	9 Heritage #8 (3:05pm)	10 BVSW (am) <b><u>TBD (ALL)</u></b>	11 - PSAT Day Blk Bob Prk (3:05pm)	12 I-Lan Park (7:00am)	13
Week 20 (9)	14-Oct		14 BVSW (3:05pm)	15 BVSW (am) BVSW (3:05pm)	16 - Pasta Party TBA (3:05pm)	17 - BBQ (after ekl) <b><u>EKL (V-JV/C)</u></b>	18	19 BVSW (7:30am)	20 Deana Rse (5:30pm)
Week 21 (10)	21-Oct	P/T Confrences	21 - Conf? BVSW (3:05pm)	22 BVSW (am) BVSW (3:05pm)	23 - Conf? BVSW (3:05pm)	24 BVSW (am) Heritage #8 (3:05pm)	25 - No School & P.P. TBA (3:05pm)	26 <b><u>Regional (V)</u></b>	27 Quivira Prk (5:30pm)
Week 22 (11)	28-Oct		28 BVSW (3:05pm)	29 - Trunk or Treat BVSW (am) Verheaghe (3:05pm)	30 Blk Bob Prk (3:05pm)	31 BVSW (am) BVSW (3:05pm)	1 - Pasta Party Rim Rock (3:00pm)	2 <b><u>State (Qual)</u></b>	3 Verheaghe* (5:30pm)
Week 24 (13)	4-Nov		4 BVSW* (3:05pm)	5 BVSW (am) Heritage#8* (3:05pm)	6 BVSW* (3:05pm)	7 BVSW (am) BVSW* (3:05pm)	8 - Pasta Party BVSW* (3:05pm)	9 Sioux Falls (pm)	10 <b><u>NXR Heartland (ALL*)</u></b>

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