

BVSW Cross Country Summer, Meet and Practice Schedule 2023

Training Week #	Date	Notes	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Week 12 (1)	14-Aug	School Starts Wednesday	14 BVSW (6:30am)	15 BVSW (6:30am) BVSW (3:00pm)*	16 BVSW (3:00pm)	17 BVSW (7:00am)* HP Shelter 8 (3:00pm)	18 BVSW (3:00pm)	19 Black Bob (7:00am)	20 I-Lan Park (6:00pm)
Week 13 (2)	21-Aug		21 BVSW (3:00pm)	22 BVSW (5:50am) BVSW (3:00pm)*	23 BVSW (3:00pm)	24 BVSW (7:00am)* BVSW (3:00pm)	25 BVSW (3:00pm)	26 - Family Breakfast Verheaghe (6:30am) PANCAKES - 9:00AM	27 Deanna Rose(6:00pm)
Week 14 (3)	28-Aug		28 BVSW (3:00pm)	29 BVSW (5:50am) BVSW (3:00pm)*	30 - Pasta Party TBA (3:00pm)	31 BVSW (7:00am)* Basehor-Linwood	1 BVSW (3:00pm)	2 HP Shelter 8 (7:00am)	3 Quivira Park(5:30pm)
Week 15 (4)	4-Sep	Labor Day	4 - No School BVSW (5:30pm)	5 - No School BVSW (5:50am) BVSW (3:30pm)*	6 Verheaghe (3:00pm)	7 BVSW (7:00am)* BVSW (3:00pm)	8 - Pasta Party TBA (3:00pm)	9 Olathe Twilight	10 I-Lan Park (5:30pm)
Week 16 (5)	11-Sep		11 BVSW (3:00pm)	12 BVSW (5:50am) BVSW (3:00pm)*	13 BVSW (3:00pm) (SW MS Champs)	14 BVSW (7:00am)* Black Bob (3:00pm)	15 TBA/BVSW (3:00pm)	16 Verheaghe (7:00am)	17 Deanna Rose(5:30pm)
Week 17 (6)	18-Sep	Homecoming	18 BVSW (3:00pm)	19 - Pasta Party BVSW (5:50am) TBA (3:00pm)*	20 BVSW (3:00pm) Canis Lupus	21 BVSW (7:00am)* HP Shelter 8 (3:00pm)	22 TBA/BVSW (3:00pm)	23 - Homecoming Rim Rock	24
Week 18 (7)	25-Sep	P/T Conferences	25 BVSW (3:00pm)	26 BVSW (5:50am) BVSW (3:00pm)*	27 - PT Conf BVSW (3:00pm)	28 - PT Conf BVSW (7:00am)* BVSW (3:00pm)	29 - No School / P.P. Rim Rock/BVSW (7:00am)	30 K.C. Classic	1
Week 19 (8)	2-Oct		2 BVSW (3:00pm)	3 BVSW (7:00am)* BVSW (3:00pm)	4 - Pasta Party TBA (3:00pm)	5 BVSW (7:00am)* Heartland Relays?	6 BVSW (3:00pm)	7 Deanna Rose(7:00am)	8
Week 20 (9)	9-Oct		9 BVSW (3:00pm)	10 BVSW (7:00am)* BVSW (3:00pm)	11 - Pasta Party TBA (3:00pm)	12 Room 705 (7:30am) EKL	13 - No School	14 Verheaghe (7:00am)	15 I-Lan Park (5:30pm)
Week 21 (10)	16-Oct		16 Room 705 (3:00pm)	17 BVSW (7:00am)* HP Shelter 8 (3:00pm)	18 BVSW (3:00pm)	19 BVSW (7:00am)* Verheaghe (3:00pm)	20 - Pasta Party TBA (3:00pm)	21 Regional	22 Quivira Park(5:30pm)
Week 22 (11)	23-Oct		23 Room 705 (3:00pm)	24 BVSW (7:00am)* BVSW (3:00pm)	25 Black Bob (3:00pm)	26 BVSW (3:00pm)	27 - Pasta Party? Rim Rock (2:00pm)	28 State	29
Week 23 (12)	30-Oct		30 BVSW (3:00pm)	31 BVSW (7:00am)* BVSW (3:00pm)	1 - No School BVSW (3:00pm)	2 BVSW (7:00am)* BVSW (3:00pm)	3 BVSW (3:00pm)	4 BVSW (8:00am)	5
Week 24 (13)	6-Nov		6 BVSW (3:00pm)	7	8 BVSW (3:00pm)	9 BVSW (6:40am)* BVSW (3:00pm)	10 BVSW (3:00pm)	11 - Leave for SD Sioux Falls (2:00pm)	12 NXR Heartland

* - Optional Double Practices

Bold - Meets

Bold and Underlined - Varsity Meets