

9/21/09 Updated

Falk School  
2009 Cross Country *Practice and Meet Schedule*

Date	Host	Location	Teams Invited	Meet or Practice Time	Leave Class	Leave School	Approximate Return Time
9-15 Tues	Practice	Schenley Oval	--	3:30	--	3:15	5:15
9-17 Thur	<i>Practice</i>	<i>Peterson (meet at top of stairs)</i>	--	<i>7:30 am</i>	<i>Parents Drive</i>	--	<i>8:30 am</i>
9-22 Tues	Practice	Schenley Oval	--	3:30	--	3:15	5:15
9-29 Tues	Practice	Schenley Oval	--	3:30	--	3:15	5:15
10-1 Thur	<i>Practice</i>	<i>Peterson (meet at top of stairs)</i>	--	<i>7:30 am</i>	<i>Parents Drive</i>	--	<i>8:30 am</i>
<b>10-2 Fri</b>	<b>Falk Invitational</b>	<b>Bartlett Playground</b>	<b>SA, SSA, WT, CDS, Ellis</b>	<b>3:30</b>	<b>2:40</b>	<b>2:50</b>	<b>5:30</b>
10-6 Tues	Practice	Schenley Oval	--	3:30	--	3:15	5:15
<b>10-7 Wed</b>	<b>Sewickley Academy</b>	<b>War Memorial Park</b>	<b>Falk</b>	<b>3:30</b>	<b>2:00</b>	<b>2:10</b>	<b>6:00</b>
<b>10-8 Thur</b>	<b>CDS</b>	<b>Bartlett Playground</b>	<b>Falk</b>	<b>4:00</b>	--	<b>3:15</b>	<b>5:30</b>
10-13 Tues	Practice	Schenley Oval	--	3:30	--	3:15	5:15
<b>10-14 Wed</b>	<b>Ellis Invitational</b>	<b>Frick Park</b>	<b>Falk</b>	<b>4:00</b>	<b>2:40</b>	<b>2:50</b>	<b>6:00</b>
<b>10-15 Thur</b>	<b>Last Practice</b>	<b>Falk School</b>	--	<b>3:30</b>	--	--	<b>5:30</b>

*Head Coach: Ms. Lindsay O'Sullivan [lio2+@pitt.edu](mailto:lio2+@pitt.edu)*

*Asst Coach: Mr. Brent Lopick [bt13+@pitt.edu](mailto:bt13+@pitt.edu)*

*Athletic Director: [huntla@gmail.com](mailto:huntla@gmail.com)*

**Important Reminder:**

Please note the return time to Falk. Parents should be at Falk ready to pick up their athlete before the bus returns from the meet. In addition, if your child **will not be riding the bus back to Falk** a written note signed by his or her parent/guardian must be given to the coach before boarding the bus to go to the game. NO athlete is permitted to walk home from a meet without their parent/guardian with them.