

Vista Nation XC

November

2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 3:10 Vista NXN Practice	2 3:10 Vista NXN Practice XC-Banquet	3 8:00 a.m. Vista NXN Practice	4 Optional Run
5 3:10 Vista NXN Practice	6 No School 8:00 a.m. Practice Vista	7 3:10 Vista NXN Practice	8 3:10 Vista NXN Practice	9 3:10 Vista NXN Practice	10 8:00 a.m. Vista NXN Practice	11 Optional Run
12 3:10 Vista NXN Practice	13 3:10 Vista NXN Practice	14 3:10 Vista NXN Practice	15 3:10 Vista NXN Practice	16 Flight to Phoenix for NXN-SW	17 NXN-SW. Toka Sticks Golf Course. Mesa, AZ	18 Optional Run
19 Winter Track Meeting 3:10 Vista-Room TBD Practice TBD	20 Practice TBD	21 No School Practice TBD	22 Thanksgiving Day	23 No School Practice TBD	24 Practice TBD Footlocker Midwest Championships	25 Optional Run
26 Practice TBD	27 Practice TBD	28 Practice TBD	29 Practice TBD	30 Practice TBD	Dec 1 NXN Finals- Portland OR	Dec 2 Optional Run
Dec 3 1 st Day of Official Winter Track-3:10 Vista	Dec 4 Run on your own	Dec 5 Vista 3:10	Dec 6 Vista 3:10	Dec 7 Run on your own	Dec 8 Run on your own	Dec 9 Optional Run

EVENTS

Nike XC Nationals-Southwest

Max 14 boys and 14 girls will attend the trip to Arizona. All athletes going must be at the scheduled NXN practices.

Winter Track Meeting

Dec 19th at 3:10 after school. The room we meet in will be announced as the time gets closer.

End of season Banquet

The banquet is scheduled for the evening of Friday November 2nd in the Mt. Vista HS commons.