

NSU ATHLETICS

PLAYING AND PRACTICE SCHEDULE FOR CROSS COUNTRY

Declaration of Playing Week:

For purpose of countable hours my week begins with (day) _____ and ends with (day) _____

My typical day off each week will be on _____

Once I declare the date my week begins, I cannot change until the next academic year

Championship Segment

First day of preseason practice (17 days before 1st competition) _____

First day of competition: _____

Number of contests during championship season: (not including exhibitions, exemptions, and postseason) _____

Head Coach: _____

Date: _____