**WEEK 13 (Feb 22nd)**

**Announcements:**

* Last regular season race is Monday!
* Last day of practice for the whole team is Tuesday, practices beyond are for Sections Roster only.
* Beginning Wednesday, practices are for sections team only, this is due to COVID policies, please do not attend.

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| **Day** | **Location** | **Time** | **Practice Plan** |
| **Monday** | RACE - Battle Creek  | 1:30 - boys bus3:00 - boys 5k3:10 - boys 3k2:45 - girls bus4:15 - girls 5k4:35 - girls 3k | Tri-meet versus Irondale and StillwaterSlightly different course than our previous two races at this venue. This will likely be the same course as sections.For Students attending school in person:You’re excused 15 minutes before the bus leaves(1:15pm Boys, 2:30pm)The shed by the track will be opened at 7:45-8:15am for ski storage during school hours. |
| **Tuesday****LAST DAY OF PRACTICE FOR NON-SECTIONS SKIERS** | Como Golf Course  | 3:45 bus leaves MV4-5:15 - practice5:15 - Bus heads back to MV | Last day of practice for the whole team. Easy skate ski.Sections roster will be announced. |
| **Wednesday** | [Meet online](https://meet.google.com/sya-pdft-yfy) | Meet online at 5:00pm | Online Meeting with Team Voting |
| **Thursday** | Les Bolstad Golf Course | 3:45 bus leaves MV4-5:15 - practice5:15 - Bus heads back to MV | Classic intervals 3-4 x 2min L4 |
| **Friday** | Battle Creek Recreation Center | 3:45 bus leaves MV4-5:15 - practice5:15 - Bus heads back to MV | Review race course (same as Monday’s race) Easy skate ski with 3-4x10 sec speeds |
| **Saturday** | OYO ski | NA | 45-60min easy - technique of your choice |