**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 bus  3:00 - boys 5k  3:10 - boys 3k  2:45 - girls bus  4:15 - girls 5k  4:35 - girls 3k | Tri-meet versus Irondale and Stillwater  Slightly 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 MV  4-5:15 - practice  5:15 - 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 MV  4-5:15 - practice  5:15 - Bus heads back to MV | Classic intervals 3-4 x 2min L4 |
| **Friday** | Battle Creek Recreation Center | 3:45 bus leaves MV  4-5:15 - practice  5:15 - 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 |