



# FOND DU LAC HIGH SCHOOL CROSS COUNTRY



**Fond du Lac Cross Country FVA Conference Champions:** 1989, 1995, 1996, 1997, 2008, 2011  
**State Qualifying Teams:** 1978, 1982, 1986, 1988, 1989, 1990, 1991, 1993, 1994, 1995, 1996, 2002, 2003, 2007, 2008, 2009, 2010  
***"All it takes is all you got!"***

## Practice at a Glance

Date	Meeting Place	Time
Tuesday, August 14*	Goose Trail	6:00 PM - 7:00pm
Wednesday, August 15	Kiekaefer	8:30 AM -10:30 am (Meet at Kiekaefer)
Thursday, August 16*	TEAM Function: Brewers	4:00 PM--Late
Thursday, August 16	Fondy -District Farm	9:00 AM --11:30am
Friday, August 17	FondyTrack	8:30 AM -- 11:00am
Saturday, August 18 (Varied) -		
Sunday, August 19*	Goose Trail	6:00 PM--7:00 PM
Monday, August 20	FondyTrack to high cliff	8:30 AM -12:30 pm
Tuesday, August 21*	Fondy High Impact Testing	3:15 PM --
Tuesday, August 21*	Fruth Field: Time Trial	7:00 PM --8:30 pm
Wednesday, August 22	Fondy Track (Meet the Middlers!)	8:30 AM -10:30 am
Wednesday, August 22	Fondy High *Pictures @ 4PM	4:00 -4:30ish pm??
Thursday, August 23	Hobbs Woods	4 :00 PM -5:30 pm (Meet at Hobbs)
Friday, August 24	FondyTrack	3:30 PM
Friday, August 24	Team Dinner	5:30 PM
Saturday, August 25	(Meet 1) West Bend	7:00 AM **

\* Goose Trail Optional Practices

### Hobbs Woods Trail Directions

Exit Hickory St. from Hwy 41, take Hickory out of town about 4 miles, The woods are on the left next to the bridge, signs posted.