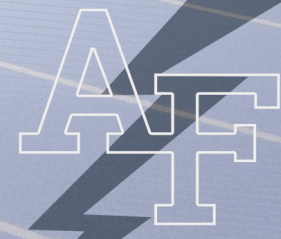




AIR FORCE
TRACK & FIELD AND CROSS COUNTRY
2022 SEMESTER CALENDAR





AIR FORCE TRACK & FIELD AND CROSS COUNTRY

AUGUST 2022

	1	2	3 1530 XC Compliance Meeting	4	5	6
7	8	9 1000 Compliance Meeting	10 Classes Begin 1600 Welcome Back in FAC Auditorium 1700 Team Dinner	11 1530 XC Practice 1600 Conditioning 1900 Two-Degree Commitment Dinner	12 1545 XC Tryout 1600 Practice	13 0900 Strength
14 TFXC OFF	15 0600 Lift / Breakfast 1530 XC Practice 1600 Practice 8 HOURS	16 1430 XC Practice 1600 Practice	17 1550 Wing Wide DDT TFXC OFF	18 0600 Lift / Breakfast 1430 XC Practice 1600 Meeting 1630 Conditioning 1730 XC Dinner	19 1530 XC Practice	20 Silver Weekend Team Camp
21 TF OFF Team Camp	22 0600 Lift / Breakfast 1430 XC Practice 1600 Practice 1730 XC Dinner 8 HOURS	23 1530 XC Practice 1600 Practice	24 TFXC OFF	25 0600 Lift / Breakfast 1530 XC Practice 1600 Meeting 1630 Conditioning 1730 XC Dinner	26 1430 XC Practice 1600 Practice	27 0900 Strength
28 0800 XC Practice TF OFF	29 0600 Lift / Breakfast 1530 XC Practice 1600 Practice 1730 XC Dinner 8 HOURS	30 1430 XC Practice 1600 Practice	31 TFXC OFF	Official Recruiting Visits		
				KEY: NAVY: XC ROYAL: TF BLACK: BOTH ACTIVITIES: GREY		



AIR FORCE TRACK & FIELD AND CROSS COUNTRY

SEPTEMBER 2022

				1 0600 Lift / Breakfast 1430 XC Practice 1600 Meeting 1630 Conditioning	2 SCA M#13 W#58 0800 Parent's Welcome 1000 AFXC Classic TF OFF	3 1100 FB vs. UNI TFXC OFF
Parent's Weekend						
4 TFXC OFF	5 LABOR DAY TFXC OFF	6 0600 Lift / Breakfast 1530 XC Practice 1600 Practice 8 HOURS	7 1600 Practice XC OFF	8 0600 Lift / Breakfast 1530 Practice 1600 Meeting 1630 Conditioning 1730 XC Dinner	9 1430 XC Practice 1600 Practice	10 1130 FB vs. Colorado TFXC OFF
Official Recruiting Visits						
11 0800 XC Practice TF OFF	12 0600 Lift / Breakfast 1530 XC Practice 1600 Practice 20 HOURS	13 1430 XC Practice 1550 Wing Wide DDT	14 1600 Yoga XC OFF	15 0600 Lift / Breakfast 1430 XC Practice 1600 Meeting 1630 Conditioning 1730 XC Dinner	16 SCA M#14 W#59 1530 XC Practice 1600 Practice 1800 FB at WYO	17 0900 Conditioning
Greeno XC Invite						
18 0800 XC Practice TF OFF	19 0600 Lift / Breakfast 1430 XC Practice 1600 Practice 1730 XC Dinner 8 HOURS	20 1530 XC Practice 1600 Practice	21 TFXC OFF	22 0600 Lift / Breakfast 1530 XC Practice 1600 Meeting 1630 Conditioning 1730 XC Dinner	23 SCA M#15 W#60 1430 XC Practice 1130 RL's Interment SCA M#265 W#266 1800 FB vs. Nevada	24 0900 Strength
Silver Weekend						
OSU Cowboy Jamboree						
25 0800 XC Practice TF OFF	26 0600 Lift / Breakfast 1530 Practice 20 HOURS	27 1430 XC Practice 1600 Practice/Tryout	28 1600 Practice/Tryout XC OFF	29 0600 Lift / Breakfast 1430 XC Practice 1530 Practice 1730 XC Dinner	30 1530 Practice	
Official Recruiting Visits						



AIR FORCE TRACK & FIELD AND CROSS COUNTRY

OCTOBER 2022

						1 1100 FB vs. Navy TFXC OFF
2 0800 XC Practice TF OFF	3 0600 Lift / Breakfast 1430 XC Practice 1600 Practice 8 HOURS	4 1530 XC Practice 1550 Comms Training Day TF OFF	5 1430 XC Practice 1550 Comms Challenge 1730 XC Dinner TF OFF	6 0600 Lift / Breakfast 1530 XC Practice 1600 Meeting 1630 Conditioning	7 1430 XC Practice 1600 Practice	8 Team Building Day 2030 FB at USU
9 0800 XC Practice TF OFF	10 1000 Practice COLUMBUS DAY 20 HOURS	11 0600 Lift / Breakfast 1430 XC Practice 1600 Practice 1730 XC Dinner	12 SCA M#16 W#61 1600 Yoga XC OFF	13 0600 Lift / Breakfast 1430 XC Practice 1530 Practice	14 1530 Practice	15 0900 Strength 2030 FB at UNLV XC OFF
UW Nuttycomb						
16 0800 XC Practice TF OFF	17 0600 Lift / Breakfast 1430 XC Practice 1530 Practice 20 HOURS	18 1530 Practice	19 1600 Yoga XC OFF	20 0600 Lift / Breakfast 1530 Practice 1730 XC Dinner	21 1430 XC Practice 1530 Practice 1800 FB vs Nevada	22 1400 XC Practice 1700 FB vs. Boise TF OFF
USAFA Corona Weekend Official Recruiting Visits						
23 TFXC OFF	24 0600 Lift / Breakfast 1530 Practice 1730 XC Dinner 8 HOURS	25 1430 XC Practice 1530 Practice	26 SCA M#16 W#62 TFXC OFF	27 SCA M#17 W#63 0600 Lift / Breakfast 1430 XC Practice 1530 Practice	28 1530 Practice XC OFF	29 TFXC OFF
MWC Championships						
30 1530 Practice	31 0600 Lift / Breakfast 1430 XC Practice 1530 Practice 1730 XC Dinner					



AIR FORCE TRACK & FIELD AND CROSS COUNTRY

NOVEMBER 2022

		1 1530 Practice	2 1600 Yoga XC OFF	3 0600 Lift / Breakfast 1530 Practice 1730 XC Dinner	4 1430 XC Practice 1530 Practice	5 0830 Lift/ Breakfast/ Watch Party 1000 AFXC 5K 0930 FB at Army
6 TFXC OFF	7 0600 Lift / Breakfast 1530 Practice 1730 XC Dinner 20 HOURS	8 ELECTION DAY TFXC OFF	9 SCA M#19 W#64 SCA M#19 W#65 1530 XC Practice	10 0600 Lift / Breakfast 1430 Practice	11 1000 Practice VETERANS DAY	12 1330 FB vs. UNM 1400 XC Practice TF OFF
NCAA Mountain Regional						
13 TFXC OFF	14 0600 Lift / Breakfast 1430 Practice 1530 XC Practice 1730 XC Dinner	15 1430 Practice	16 1600 Yoga XC OFF	17 0600 Lift / Breakfast 1430 Practice	18 1430 Practice	19 0830 Lift/ Breakfast/ Watch Party TBD- FB vs. CSU
NCAA Nationals						
20 TF OFF	21 0600 Lift / Breakfast 1430 Meeting / Practice 8 HOURS	22	23	24	25	26
Happy Thanksgiving! Enjoy your break!						
27	28 0600 Lift / Breakfast 1430 Practice 20 HOURS	29 1430 Practice 1730 Dinner	30 1800 XC Award Banquet TF OFF			
See you tomorrow!						



AIR FORCE TRACK & FIELD AND CROSS COUNTRY

DECEMBER 2022

				1 1430 Practice	2 1730 Dinner AF Holiday Open	3
					BU Boston Indoor	
					Offical Visits	
4	5	6	7	8	9	10
BU Boston Indoor					Dean's Weekend	
11	12	13	14	15	16	17
Dean's Weekend		Finals Week				Enjoy your break!
18	19	20	21	22	23	24
Merry Christmas and Happy New Year!						
25	26	27	28	29	30	31
See you in the New Year! Please be back on January 5 at 1900.						