

Cross Country Practice Schedule August 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5 Practice at the Track 8:00 – 9:30 AM	6 Practice at the Track 8:00 – 9:30 AM	7 Practice at the Track 8:00 – 9:30 AM	8 Practice at the Track 8:00 – 9:30 AM	9 Practice at the Track 8:00 – 9:30 AM	10
11	12 Practice at the Track 3:30 – 5:00 PM	13 Practice at the Upper Campus Weight Room 2:30 – 4:00 PM	14 Practice at the Track 3:30 – 5:00 PM	15 1 st Day of School No Practice	16 Practice at the Track 3:15 – 4:30 PM	17
18	19 Practice at the Track 3:30 – 5:00 PM	20 Practice at the Upper Campus Weight Room 3:30 – 5:00 PM	21 Practice at the Track 3:30 – 5:00 PM	22 Practice at the Upper Campus Weight Room 3:30 – 5:00 PM	23 Practice at the Track 3:15 – 4:30 PM	24
25	26 Practice at the Track 3:30 – 5:00 PM	27 Practice at the Upper Campus Weight Room 3:30 – 5:00 PM	28 Practice at the Track 3:30 – 5:00 PM	29 Practice at the Upper Campus Weight Room 3:30 – 5:00 PM	30 Practice at the Track 3:15 – 4:30 PM	31