

# Cross Country Practice Schedule August 2019

| SUNDAY | MONDAY  | TUESDAY   | WEDNESDAY                                     | THURSDAY  | FRIDAY  | SATURDAY |
|--------|---|---|---|---|---|----------|
|        |   |   |   | 1   | 2   | 3        |
| 4      | 5<br>Practice at the Track<br>8:00 – 9:30 AM  | 6<br>Practice at the Track<br>8:00 – 9:30 AM                        | 7<br>Practice at the Track<br>8:00 – 9:30 AM  | 8<br>Practice at the Track<br>8:00 – 9:30 AM                        | 9<br>Practice at the Track<br>8:00 – 9:30 AM  | 10       |
| 11     | 12<br>Practice at the Track<br>3:30 – 5:00 PM | 13<br>Practice at the Upper<br>Campus Weight<br>Room 2:30 – 4:00 PM | 14<br>Practice at the Track<br>3:30 – 5:00 PM | 15<br>1 <sup>st</sup> Day of School No<br>Practice                  | 16<br>Practice at the Track<br>3:15 – 4:30 PM | 17       |
| 18     | 19<br>Practice at the Track<br>3:30 – 5:00 PM | 20<br>Report to Football<br>Field at 2:45 for<br>Pictures           | 21<br>Practice at the Track<br>3:30 – 5:00 PM | 22<br>Practice at the Upper<br>Campus Weight<br>Room 3:30 – 5:00 PM | 23<br>Practice at the Track<br>3:15 – 4:30 PM | 24       |
| 25     | 26<br>Practice at the Track<br>3:30 – 5:00 PM | 27<br>Practice at the Upper<br>Campus Weight<br>Room 3:30 – 5:00 PM | 28<br>Practice at the Track<br>3:30 – 5:00 PM | 29<br>Practice at the Upper<br>Campus Weight<br>Room 3:30 – 5:00 PM | 30<br>Practice at the Track<br>3:15 – 4:30 PM | 31       |
|        |   |   |   |   |   |          |