



CROSS COUNTRY 2019 PRACTICE SCHEDULE

Monday, August 26th through Tuesday, October 29th

- **August 26th – 29th: Practice will be held M-TH, 7 am to 8 am**
- **Practice will be held on first day of school:**
 - **Wed, Sept 4th, 3:40 pm to 5 pm**
- **For remainder of season, practice will be held:**
 - **Monday, Tuesday, Thursday and Friday, directly after school until 5 pm**
- **Students are to meet behind school on playground**

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