

2017 SUMMER CROSS COUNTRY CALENDAR

Make sure you have a water bottle, yoga mat, watch, towel & a snack to bring to conditioning.

June

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	1st Day of Summer Conditioning At Track 8 - 10:30 am	5 At Track 8 - 10:30 am	6 At Track 8 - 10:30 am	7 At Track 8 - 10:30 am	8	9 10
11	12 At Track 8 - 10:30 am	13 At Track 8 - 10:30 am	14 At Track 8 - 10:30 am	15	16	17
18	19 At Track 8 - 10:30 am	20 At Track 8 - 10:30 am	21 At Track 8 - 10:30 am	22	23	24
25	26 At Track 8 - 10:30 am	27 At Track 8 - 10:30 am	28 At Track 8 - 10:30 am	29	30	

July

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
4th of July Holiday - No Practice						
9	10 Noccalula Falls Chapel Parking Lot 8 - 10:30 am	11 C4 Race Course 8 - 10:30 am	12 At Track 8 - 10:30 am	13	14	15
16	17 Noccalula Falls Chapel Parking Lot 8 - 10:30 am	18 C4 Race Course 8 - 10:30 am	19 At Track 8 - 10:30 am	20	21	22
23	24 Noccalula Falls Chapel Parking Lot 8 - 10:30 am	25 C4 Race Course 8 - 10:30 am	26 At Track 8 - 10:30 am	27	28	29
30	31 Noccalula Falls Chapel Parking Lot 8 - 10:30 am					

August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 C4 Race Course 8 - 10:30 am	2 At Track 8 - 10:30 am	3	4	5
6	7 1st Day of Official Fall Practice At Track 3:30 - 5:30 pm	8 At Track 3:30 - 5:30 pm	9 1st Day of School At Track 3:30 - 5:30 pm	10 At Track 3:30 - 5:30 pm	11 At Track 3:30 - 5:30 pm	12
13	14 At Track 3:30 - 5:30 pm	15 At Track 3:30 - 5:30 pm	16 Sprint Day At Track 3:30 - 5:00 pm	17 Noc. Falls Chapel Parking Lot 3:45 - 5:30 pm	18 At Track 3:30 - 5:30 pm	19
20	21 At Track 3:30 - 5:30 pm	22 Noc. Falls Chapel Parking Lot 3:45 - 5:30 pm	23 Sprint Day At Track 3:30 - 5:00 pm	24 C4 Race Course 3:45 - 5:30 pm	25 At Track 3:30 - 5:30 pm	26
27	28 At Track 3:30 - 5:30 pm	29 Noc. Falls Chapel Parking Lot 3:45 - 5:30 pm	30 Sprint Day At Track 3:30 - 5:00 pm	31 C4 Race Course 3:45 - 5:30 pm		